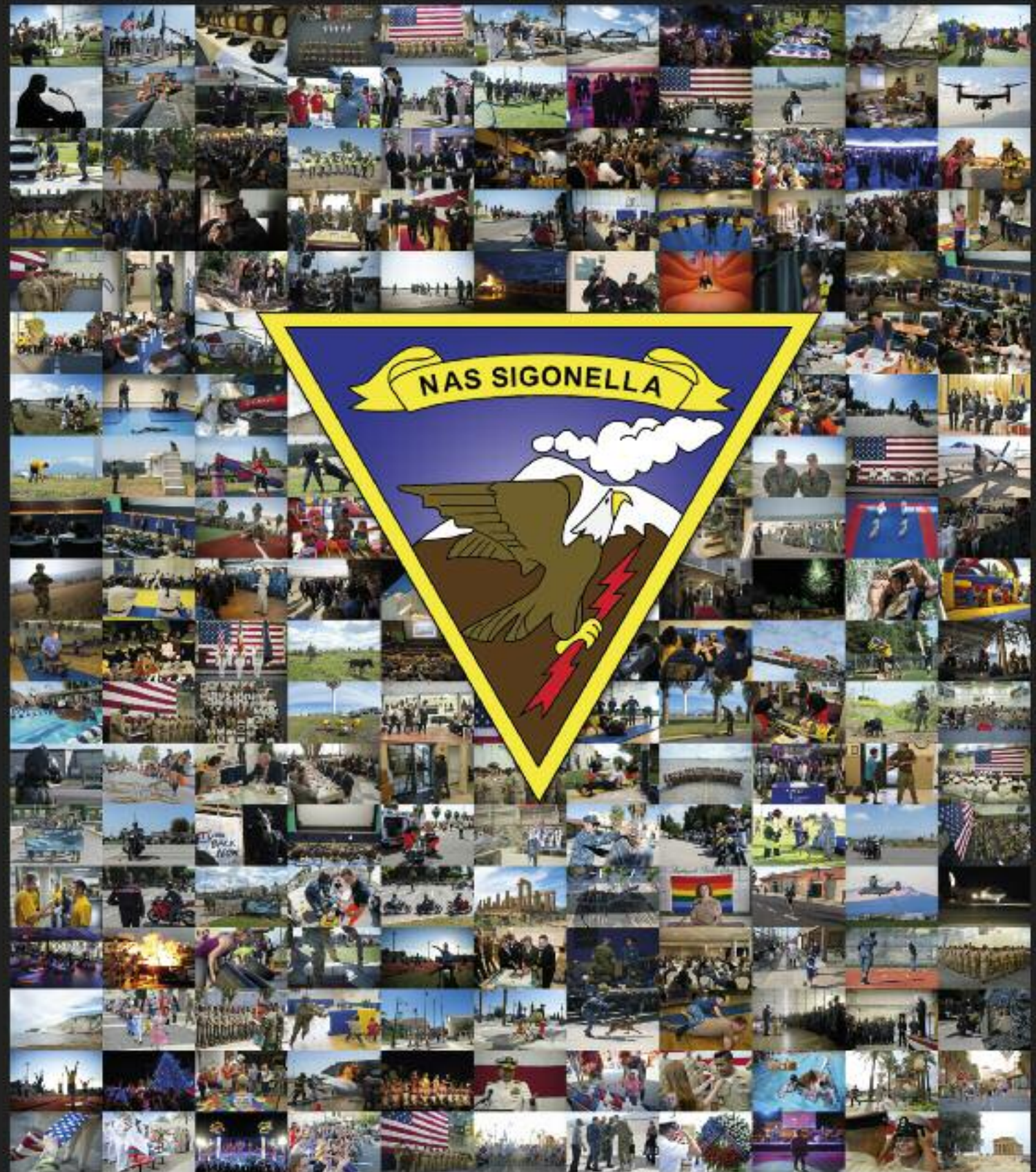


# BENVENUTI 2018

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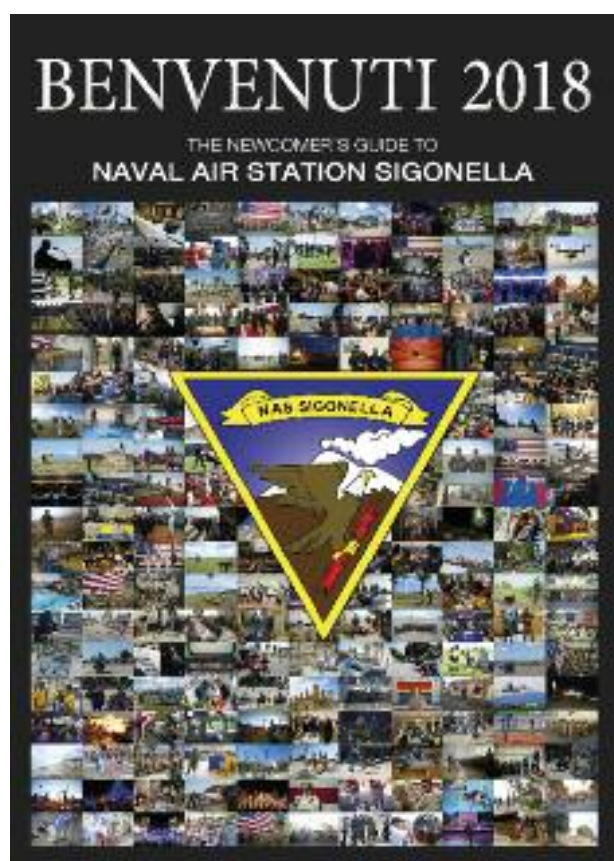


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**Cover:** Naval Air Station (NAS) Sigonella is an operational ashore base that hosts U.S., allied, and partner nation forces and offers many recreational opportunities on and off base. (Photos by MC2 Christopher Gordon and Cpl. Taylor Cooper)



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# Benvenuti a Sigonella

*Welcome to Sigonella!* You are about to take the first step in enjoying what will be an exciting and challenging tour in the center of Sicily. You may have heard many things about duty in Sigonella. Concerns about quality of life here led to the Navy's largest improvement initiative and if you've been here before, you won't recognize the military community. Construction of new facilities were completed in 2010 and are providing world class service. Our civilian and military populations have organized dozens of social, professional and recreational organizations, so whether you are active duty, a civilian or a family member, the community has something for you.

Duty in Sicily offers opportunities of a lifetime. This goes for travel, recreation, professional development, education, and more. The key to enjoying a successful tour lies in remembering that living in Sicily is not like living in the United States. The customs, culture, and way of life here are significantly different than what you are accustomed to. Houses and apartments are constructed differently; electric power and utilities are different; shopping, driving, and dining are all different. Some people find it hard to adjust, but embracing the food and the warmth of the people you meet will help you make the transition. Base

projects have improved the quality of life for those assigned here, but remember, the key to a successful tour in Sicily lies in your willingness to learn and adapt to the differences you encounter.

Any move is filled with stress and distractions, and your move here will be no different. Culture shock, jet lag, and many other irritants will likely be a part of your PCS experience. Your command and your sponsor will help you adjust and get settled. Coming prepared will minimize your worries. Follow guidelines in this book, and you can smooth out many of the potential wrinkles in your upcoming move. For the most up-to-date information and all the latest at NAS Sigonella, be sure to check us out on Facebook at <https://www.facebook.com/nassigonella>. Benvenuti!

## Representing America in Italy

Your tour of duty in Sigonella will make you more than an American tourist. You will be a resident of Italy, and as such, a representative of both America and the U.S. military forces. The importance of providing a positive image is obvious. Your responsibility to help provide such an image



Mt. Etna dominates the view from NAS 1 and provides a picturesque background for the Midtown Complex. Photo by MC2 Brian Glunt



extends to your daily interactions with your neighbors, shopkeepers, and Italians you may encounter. Your job as a diplomat will be made easier if you attempt to learn and understand the language and customs of the host nation.

## How to Use This Book

The information contained in these pages will help smooth your transition into the Sigonella Community, but do not throw it away once you get here. At some point in your tour, you may be asked to sponsor a new arrival. This information and your experience can certainly go a long way in helping someone else adapt to life in Sicily.

The internet is full of valuable resources for those who are new to Sigonella, and the CNIC webpage is a great place to start. You can access base information, information about your specific command, job opportunities and more at [www.cnic.navy.mil/sigonella](http://www.cnic.navy.mil/sigonella). For specific information that pertains to your situation or your specific command, rely on your sponsor, who can give you the most current information. If you have received this guide from the command sponsorship team, you should already have a sponsor assigned. If you have not yet been contacted, please contact 011-39-095-86-4291 or DSN 314-624-4291 for assistance.

## Overview of Italy

Italy has a total land surface of about 116,000 square miles, with the Apennine mountain range serving as a geographic dividing line between east and west coasts. The Alps define Italy's northern border. The Northern provinces experience cold winters with rainfall in the spring and summers. Central and southern Italy enjoys a climate moderated by the Mediterranean Sea, with cool, rainy winters and moderate spring and fall, with heat creeping north from Africa in the summer. Italy's economy is more industrialized and high-tech in the north and agricultural in the south. Major industrial products are iron, cement and automobiles. Wine, cheese and wool are important to the Italian economy. Tourism is also a key industry for all of Italy, and visitors from around the world come to marvel at its history and architecture and enjoy its culture and its food.

Italy proclaimed its unification in 1861. In 1946, Italy became a republic, and in 1948, Italy's government became a democracy with a president, a prime minister and a parliament. Italy's government is run by a coalition of its numerous political parties, and since World War II, Italy has been governed by more than 40 separate coalitions. The leader of each coalition government is selected to serve as prime minister. Each new government in Italy is faced with numerous and frequent demands for change. These demands manifest in the form of strikes or demonstrations that are generally non-violent. As a U.S. and NATO representative, you should stay away from involvement in any political

demonstration. The Status of Forces Agreement (SOFA) prohibits your involvement in any political demonstration or campaign. During a political campaign, banners and posters are displayed throughout the city, and it is a serious offense to tear down or deface any of this material.


## History of Sigonella

The United States Naval Air Station (NAS), Sigonella, Sicily, was formally established June 15, 1959, by its first commanding officer, Capt. Walter J. Frazier. The idea of a U.S. naval base in Sicily was conceived during the early 1950s when it became obvious that the planned base loading of U.S. Navy P-2 Neptunes would result in overcrowding at the existing facility at Hal Far, Malta. On June 25, 1957, after the U.S. Navy received NATO backing to use Sicily, land for Sigonella was made available on a temporary basis under the terms of an agreement with the Italian government. 1959 saw the first Americans arriving in March, and by the end of August the NAS II airfield was available for daylight VFR flights, with 24 flights logged by Aug. 31. By Nov. 30, 1959, Sigonella had 320 enlisted men and 39 officers, with 194 enlisted men and 40 officers in deployed squadrons here.

NAS Sigonella is now the primary operational and logistical support element for U.S. Sixth Fleet operations, earning the nickname "Hub of the Med". Due to its crucial location, NAS Sigonella plays a vital role in supporting joint and combined military operations in the Mediterranean, Middle East, and Africa. Sigonella provides support for NAVCENT, AFRICOM, U.S. Fifth and Sixth Fleet units, and 41 tenant commands, and maintains and operates facilities for an installation with a DoD population of roughly 5,000.

In early March 2011, NAS Sigonella was home to a handful of Navy maritime patrol and station aircraft, a single USAF Global Hawk, and nearly 2,200 service members, civilians and dependents. In less than a month, as Operations ODYSSEY DAWN (OOD), UNIFIED PROTECTOR (OUP), and ODYSSEY GUARD (OOG) were launched in support of United Nations Security Council Resolution





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**The Temple of Concord in Agrigento is one of Sicily's best preserved Greek temples in all the old world, rivaling those in Greece. Photo by MC1 Brian Goyak**

(UNSCR) 1973, that presence grew to include an additional 1,500 service men and women with more than 70 fighter, reconnaissance, and support aircraft from every branch of the U.S. Armed Forces and seven Coalition partners. The events in Africa in 2011 led to the rediscovery of the base's strategic location and was the year Sigonella reaffirmed its position as "Hub of the Med" in more than just a name. The current DoD footprint at Sigonella includes NAS Sigonella and 34 (semi)-autonomous tenant commands (headlined by SPMAGTF, CTF 67, USAF Global Hawk and Predator squadrons, Fleet Logistics, and DLA)

and has a varying but steadily growing population that includes approximately 1,000 Italian dedicated employees to the U.S. government.

The air terminal, the second busiest in the European theater, is the primary divert field for the fleet. New construction and renovation projects made in the past few years are a credit to Sigonella's significant role in this theater. The upgrades and renovations will ensure Sigonella can support emergent mission tasking well into the next century.

## Seasonal Climate

Sicily's warm climate has two significant seasons: a dry, hot summer and a mild, wet winter. The transitional seasons, autumn and spring, are relatively short with little impact and they are associated with cool temperatures and partly cloudy skies. High pressure dominates the Mediterranean during the summer with an average temperature of 95 to 110 degrees

Fahrenheit. Rainfall at this time of year is sparse and is usually only associated with afternoon thunderstorms. It is not uncommon to go weeks without seeing a drop of rain. Cloudy skies and rain are common during the winter months. Temperatures are relatively moderate with an average high of 50-60 degrees and an average low near 40 degrees Fahrenheit. Temperatures have been known to dip to freezing or slightly below during the months of December, January, and February. Snow is rare except on Mount Etna's peak where winter sports enthusiasts can enjoy skiing, sledding, and snowboarding.

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# Preparing for Transfer

## Passports, Visas, and Sojourner Permits

Military personnel may enter Italy on official military orders with only a military ID card. For travel outside of Italy, military personnel will need to obtain a tourist passport. If your new duties in Sigonella require you to travel on official business to countries requiring an official passport, coordinate with your new command to obtain an official passport. Tourist passports are obtainable through the American Consulate in Palermo which is 2.5 hours from NAS Sigonella. However, it is recommended that all military personnel obtain their tourist passport prior to arrival at NAS Sigonella. See the Department of State website for more information.

Military dependents and all other civilians, regardless of age, must have a “no-fee” passport and a visa from the Government of Italy prior to entry. Visas require several weeks to obtain, and are not available after arrival in Italy. It is strongly recommended to start this process early so that your entire family may transfer with you. For additional information on visa requirements, see the Bureau of Consular Affairs website at <http://travel.state.gov/content/visas/en.html> or check with your local NAVPTO or travel office. Dependents who are citizens of European Union countries do not require a visa.

**ALL** military dependents and DoD civilian employees and their family members are required to apply for a Sojourner's Permit within eight days of their arrival in Italy. This document, which is issued by the Italian government, permits civilians to legally reside in Italy. To apply, you will need to fill out an application form and submit it to the Legal Office along with 1 copy of the sponsor's Page 2 for military dependents, or DoD Forms 1614 and 1617 for DoD civilians, or DoD Contractor Personnel Office (DOCPER) accreditation letter and contract for contractors, three copies of the no-fee passport(s), two copies of the VISA sticker page in the passport, four identical passport-type photos for each family member aged fourteen and over, and two passport-type photos for children aged 0 to 13. The Region Legal Service Office (RLSO) will help you with the application process, including scheduling a fingerprinting session with the Italian authorities.

All civilians should carry their Sojourner's Permit and passport when traveling. Military members should always carry their military ID cards with them.

## Overseas Screening

You should immediately begin the process of overseas screening for you and your family as soon as you have orders in hand. This typically consists of medical examinations, inoculations, and an interview with a command representative. Your command's administrative department should have all the details on this process, so contact them immediately.

You should contact your respective medical facility to begin the overseas immunization series far enough in advance so a last minute rush is avoided. Having to get several shots at once can be painful, especially for children.

An “International Certificate of Vaccination” (PHS Form 731) is required and will be issued before leaving the United States when you have completed the required shots. Booster shots are given as required at the U.S. Naval Hospital in Sigonella.

Because not all subspecialty medical and surgical services are available, an overseas screening process must be completed by all military and their family members prior to their arrival to Italy. If you or one of your family members has a change in their medical condition after completion of their overseas screening, notify your command at once.

## Banking and Credit Cards

### COMMUNITY BANK

Community Bank, operated by Bank of America, is contracted by the DoD to provide stateside-like banking servi-



Navy Federal Credit Union is located on NAS 2 and serves both military and their family members. NFCU reminds all: "Once a member, always a member." Photo by MC2 Christopher Gordon



ces exclusively to the military community. This relationship benefits customers by ensuring a wide range of services tailored for the unique requirements of the service members stationed overseas. *Community Bank is the main source for currency exchange as well as paying local bills. Community Bank is located on both NAS I and NAS II.*

The four Community Bank ATM's dispense both Dollar and Euro.

#### ATM Locations:

**NAS I:** Outside the Community Bank, Bldg #318; Inside Midtown by the movie theatre, Bldg #175.

**NAS II:** Outside the Community Bank, Bldg #471; Outside the NEX 7-Day Store, Bldg #549.

On-base Euro changing service is available at the Navy Exchange and both Community Bank locations.

#### NAVY FEDERAL CREDIT UNION

Navy Federal Credit Union (NFCU) has a full service Branch and ATM located on NAS II (near the Navy Exchange Mini-Mart) and two additional ATM's located on NAS I in front of the Commissary. The Branch is open Monday-Friday from 0815-1615. Navy Federal serves the entire DOD community in Sigonella including all military service members and their family members, DOD civilians, contractor personnel and retirees.

Navy Federal Online, WebBill Pay and 24 hour member support via our toll-free number in Italy (00-800-0-842-6328) makes keeping track of your finances easy while stationed overseas. Members can make full use of their accounts while in Sigonella and continue to use them when they return to the States. Once a member, you're always a member.

NFCU Sigonella offers a variety of accounts and services to help you manage your money including:

- Checking accounts that offer ATM rebates (great for getting Euro from Italian ATM's out in town).

On-base Euro changing service is also available at the Navy Exchange and Community Bank on both NAS I and NAS II

- Regular and Money Market Savings Accounts
- Certificates for all types of savings ranging from 13 Weeks to 7 years with starting deposits as low as \$100
- Visa and Mastercards along with our Visa Check Card which are very useful far from home
- Competitive rates on auto loans for new and used vehicles and signature loans for just about any purpose including family vacations!

If you are looking to buy a home while you are here or soon after you depart Sigonella, our Branch also offers in-house mortgage counseling.

Not sure about what to do with your money or want to get assistance with managing your debt? Our staff offers individual financial counseling on a wide variety of financial topics. We also develop and deliver customized financial presentations to your Division, Department or Command upon request.

## Money Exchange

There are various places to change money both on and off base and at two types of facilities - banks and exchange bureaus (cambio). Here are some options:

**NAS I:** NEX Customer Service: Euro or dollar sales. 7,500 Euro daily limit.

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**NAS II: NEX Customer Service:** Euro sales only. 500 Euro daily limit.

**Off Base:** Shop around for the best deal, and balance convenience with advantageous rate. For example, you may get a few more euros for your dollar at a cambio downtown, but if you are only changing a couple of hundred dollars or less, the inconvenience of going to the cambio probably will outweigh the advantage in rate. Also, recently more and more local banks will accept your ATM or Debit Card that has the "Plus" sign. Just look for the symbol at the Italian Bancomat.

## Postal Matters

One of the closest and strongest ties to loved ones in the States is the mail. Fortunately, mail service is relatively quick and efficient despite being overseas here in Sicily.

Postal services in Sigonella are provided on NAS I and NAS II. The Post Office on NAS I is located in Bldg 318 across the MWR Thrift Shop and is open Monday through Friday 0900 - 1600. The Post Office on NAS II is conveniently located inside the Fleet Mail Center (FMC) and is open Monday through Friday 0900 - 1600. Command Mail Orderly pick up is from 0800-1100 Monday – Friday. Both facilities provide mail receipt and mailing services, sell of United States Postal Service money orders, and postage stamps. Other services include change of address processing, mail directory-locator, and USPS inquiry services.

In addition, the Fleet Mail Center on NAS II provides a pick-up point for accountable and official mail services and is open Monday through Friday 0800 - 1600 and Saturday 0800 -1200. All postal operations are closed on Sundays and U.S. Holidays.

Only U.S. currency is accepted at the Post Offices; however, you may use personal checks for the exact amount of purchase, and major credit/debit cards. Money orders can be purchased for 40 cents each, but a single money order cannot exceed \$1,000. However, if a patron is willing to fill out additional documentation, patrons may purchase \$9,999.99 in money orders in one day. Only cash and debit cards are accepted for purchasing money orders.

For authorized patrons that will be working on NAS I (with the exception of Naval Hospital Sigonella) and members of NATO AGS, please come into NAS I once you arrive to fill out the receptacle application to get your combination to your receptacle.

As an authorized military postal service patron, you are

responsible to inform all correspondents of your correct mailing and forwarding address prior to leaving your present duty station. You should obtain your new address from your sponsor and notify all your correspondents at least six to eight weeks prior to checkout. Do not include the country or base name in your address under any circumstance. Doing so will only create delays and your mail could be processed through the Italian postal system and would be subject to customs inspections and fees. Your new address should contain all of the following information:

### Template:

FULL NAME,  
PSC and CORRECT BOX NUMBER  
FPO AE and CORRECT ZIP CODE

### Example:

Timmy Rollins  
PSC 812 Box 9999  
FPO AE 09627- 9999

It currently takes an average of seven to ten days for a first class letter or priority parcel to reach the States.

For best results, ask friends to use priority mail when sending your items by mail. All parcel post packages can take 1 – 2 weeks via contracted commercial airline carriers. Do not mail perishable foods or meats, plants, soil matter, tobacco, firearms of any kind, or alcohol to or from Italy. A list of all prohibited items is also posted inside the Post Offices and is also available via USPS website; under prohibited items. If you ever have any questions or concerns, you can always ask your friendly Military Postal Clerks for assistance or you can contact the Fleet Mail Center at 624-5915. We look forward to serving you!



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# Bringing Your Pet to Sigonella

You may bring your pet to Italy with you on Air Mobility Command (AMC) flights while on PCS status only. Pet space is limited on all AMC flights therefore pet spaces are booked on a first come, first served basis. Be sure to inform your personnel department, who schedules your flight to Italy, that you will be traveling with a pet. There is an excess baggage fee per pet based on the pet's weight. AMC will not ship any pet over 150 pounds (combined pet and carrier). Check with your local AMC terminal for any other restrictions prior to planning travel. There is a limit of two pets for each family, dogs and cats only, and you must provide the proper travel containers.. For the AMC Pet Brochure, please see the following link: <http://www.amc.af.mil/shared/media/document/AFD-140807-032.pdf>

If flying commercially, it's important to contact the airline on which you'll be traveling to Italy for its specific requirements for pet travel. Some airlines, for instance, require that pet carriers have ventilation holes on all sides, so you may need to drill holes through the back of the carrier. Traveling in the summer can be difficult due to heat restrictions and some airlines may not ship certain breeds (snub-nosed animals) during this time. Again, please call your airline for their specific requirements.

There is no quarantine period in Italy, but you will be required to have a current ISO compatible microchip and original (current) rabies certificate signed by your veterinarian. The microchip must be implanted prior to the

rabies vaccination. For animals older than 16 weeks of age, 21 days must elapse from the date of the primary rabies vaccination. You will also need a bilingual health certificate. Forms are available through your military Veterinary Treatment Facility or civilian USDA veterinarian. This certification is good for only 10 days from the date of examination and must be certified by an official USDA civilian veterinarian or military veterinarian. Make several copies of this form when complete. One should be taped to the outside of the travel kennel and one should stay with the animal's health record.

Another resource for pet export information is the United States Department of Agriculture (USDA): <http://www.aphis.usda.gov/wps/portal/aphis/home>. Go to Animal Health link (under popular topics) → Click on the Red EXPORT Icon at the bottom of page → Under Export requirements for... Choose Pets (highlighted in blue) → In number 2 choose Destination Country → Choose Italy from the drop down menu at the bottom of the page → Scroll down to the pet information.

The NAS Sigonella Veterinary Treatment Facility (VTF) provides wellness and general sick call appointments for privately owned pets approximately three days per week; one day a week the VTF offers surgical procedures. Monthly schedules are posted on the clinic's Facebook group. The VTF also sells preventive medications for fleas, ticks and heartworms. Availability of vet care is affected by the time spent on high-priority tasks such as Military Working Dogs and by personnel strength. Specialized clinical and in-patient care is not available on base; however, a list of local vets is available for emergencies.



## Sigonella inn

*The Sigonella Inn is a modern and rational hotel complex, completely surrounded by a marvellous private park including a variety of plants and palms. The Hotel offers high standard of service to satisfy the needs of both business and leisure travellers. A spacious parking lot is reserved for Guests.*



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Pet owners take note: Leishmaniasis, a parasite which can be deadly to animals, exists in Sicily. The only way to protect against this disease is to avoid sandflies through effective insecticides such as prescription topicals (Advantix II) or collars (Scalibor). Please see the Sigonella vet clinic for more information when you arrive. This disease is treatable, but not curable and if your pet is infected with this disease, it cannot be shipped back to the United States.

If your pet is geriatric or requires special treatment, it is recommended that you not bring it to Sicily. No special diagnostic facilities are available. If your pet has a special health problem, have your sponsor contact the veterinary service to determine if requisite medical care might be available.

Pets must be registered with the veterinary clinic within ten days of arrival or acquisition. Registration will take place in person at the VTF. Pets do not need to be present. Pet owners and custodians of pets are responsible for the cleanliness and sanitation of all areas used or frequented by their pets. Animals may not wander in the government housing areas unattended, or without a leash. Pets are not allowed in the Barracks.

For any further information contact the Veterinary Treatment Facility at (DSN) 624-4258 or comm: 011-39-095-56-4258. Also see our group on Facebook @sigonellavet.

## Environmental and Morale Leave

Service members and their family members stationed in Sigonella are entitled to Environmental and Morale Leave (EML). EML allows you and your family members to travel Space-Available as follows:

Category II: Sponsors and family members traveling

with their sponsors in an EML status will be assigned Category II travel priority when traveling Space-Available on all AMC aircraft within EUROM locations while in a leave status.

Category IV: Family members traveling unaccompanied under EML orders will be authorized Space-Available travel at Category IV priority when traveling to/from authorized destinations.

No more than two trips are allowed within a 12-month period for any one person. As of 2017, CONUS destinations are no longer approved for Space-Available EML travel. Personnel may continue to use Space-Available flights without the advantage of a higher category that EML normally affords.

## Emergency Leave

While stationed at NAS Sigonella, your commanding officer/officer in charge may grant you, or members of your family, emergency leave in the event of an emergency concerning you or your spouse's immediate family. Due to recent changes in the entitlement of transportation, specifically for family members, commercial air travel at government expense from Sigonella, to the nearest Continental United States International Airport will be arranged when AMC procured transportation is not available. When government transportation, AMC, is available, this mode will be arranged first. Contact the Navy Passenger Transportation Office (NAVPTO) for assistance or information.

Note: Be sure your family in the U. S. knows your rate, rank, Social Security Number and name of your command in case there is an emergency and they need to notify you.

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# Housing and Household Goods

## Household Goods Shipments

The Personal Property Shipping Office (PPSO) would like to welcome you aboard—Benvenuti a bordo! We look forward to assisting you with your household goods shipment(s).

The PPSO provides support services for inbound and outbound Household Goods (HHG) and Unaccompanied Baggage shipments. The PPSO is located on NAS II in Building 720. Parking and the customer entrance is on the east side of the building. Our customer service hours are Monday through Friday 0730 - 1600 with the exception of Wednesday 0730 - 1400. We can be reached via e-mail at [ppso-sigonella@eu.navy.mil](mailto:ppso-sigonella@eu.navy.mil) or by phone 624-9650/9441/ 9440/ 9270 or commercial 011-39-095-86-9650/9441/9440/9270.

Sigonella is not a weight-restricted duty station and you may ship your full weight allowance. However, it is not recommended to ship major appliances or large bulky items. Unaccompanied military personnel (to include geographic bachelors) above paygrade E-5 are required to live on the local economy. E-4 and below unaccompanied personnel will be provided bachelor quarters.

Non-Temporary Storage (NTS) at origin is authorized at government expense for the duration of your OCONUS tour. You are strongly encouraged to exercise this entitlement for major appliances, large bulky items, and items which will be of little or no use during your stay in Sigonella.

International Auto Logistics (IAL) is the receiving agent for Privately Owned Vehicles (POVs) shipped to Sigonella. The Vehicle Processing Center is located on NAS II in the MVRO building. Their customer service hours are Monday through Friday 0730 - 1700. The average shipping time for a vehicle from CONUS is approximately 60 days. You may check on the status of your POV by contacting IAL at 624-5529/5413, commercial 011-39-095-86-5529/5413, or e-mail [sigonella.vpc@ialpov.us](mailto:sigonella.vpc@ialpov.us).

## Housing Office

The Naval Air Station (NAS) Sigonella Housing Service Center assists all incoming military and DoD civilian personnel, as well as contractors and NATO forces. Based on eligibility, accompanied and unaccompanied personnel are provided assistance in assignment to military family housing, unaccompanied housing accommodations, or community housing in the local area. This section will answer many questions and help you get started. The Housing Service Center is open Monday through Friday from 7:30 a.m. to 4:00 p.m.

All accompanied military personnel will be directly assigned to government controlled housing if available. Wait time depends on PCS season and eligibility. Unaccompanied E-5 and above are required to find housing accommodation in the local community, while unaccompanied E-4 and below are directly assigned to the unaccompanied facilities on base. DoD civilians should plan on finding housing in the local community, but may utilize base housing if they have dependents and space is available. Please thoroughly read the relevant housing section that applies to you and the allowances you are eligible for.

It is important that you establish early communications with your assigned sponsor and with the local Housing Service Center via email or the "Housing Early Assistance Tool" (HEAT) to receive up-to-date information regarding housing eligibility and availability. It is imperative that members do not secure any type of housing without obtaining prior approval or guidance from the Housing Office. The Housing Office provides the following services to all incoming personnel to assist with your housing needs.



The Administration Building is home to the Housing Office and Fleet and Family Support Center. The FFSC office is where new arrivals also attend INDOC. Photo by MC3 Cameron Bramham





**The Housing Office, located on NAS 1, seeks to help newcomers settle into their new homes, whether government or on the economy. Photo by MC2 Ramon Go**

#### *Accompanied Military Personnel:*

Service members must report to the Housing Office within 48 hours upon arrival to complete their assignment process to military family housing. Failure to report may jeopardize your housing allowances.

1. Our military family housing inventory consists of 525 government-leased three and four bedroom townhome

units, and eight four bedroom government-owned single family homes, which are designed to meet American standards. These housing units are equipped with a refrigerator, stove, dishwasher, microwave, and a washer and dryer. The townhomes have approximately 1200-1400 square feet of living space per unit. Units have dual voltage for both U.S. and Italian appliances. **ONLY** two (2) pets are allowed in housing (either one cat and one dog or two cats or two dogs).

2. Applications for assignment to government housing can be submitted in advance through HEAT. Navy Housing developed HEAT to assist service members and their families in applying for housing Navy-wide. HEAT allows service members and their families to get the housing application process started at one or more Navy installations online before or after they receive their permanent change of station (PCS) orders. HEAT is available to all service members at every Navy installation. HEAT creates an easy user experience to

connect with your destination. Spouses can use the application as well needing only minimum information. All you need to get started is the following:

- Sponsor's last name
- Sponsor's social security number
- Your contact information
- New duty location(s)

## **REAL ESTATE AGENCY**

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- FREE SERVICE
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#### **CONTACT US**



[housingsolutionsigonella@gmail.com](mailto:housingsolutionsigonella@gmail.com)



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*Let me find  
your home  
away from home*

Please note that HEAT does not place you on any wait lists and cannot improve your position as such. Wait list position is determined by regulations and eligibility. HEAT allows you to make early contact and complete an advanced or active application with the assistance of a housing counselor. For more information about HEAT, please visit: <http://cnic.navy.mil/HEAT> or <https://homes.mil/heat/DispatchServlet/HeatEntry>.

3. The “Door-to-Door” program is a popular program that can, via your sponsor, arrange for a base housing unit to be prepared for you on the day of your arrival. Your sponsor will receive the key one day prior and loaner furniture will be placed in the unit. Thanks to HEAT and the Door-to-Door program, you will be able to move into your assigned quarters directly, without going into temporary lodging and get settled in smoothly. Please note that linens, towels, and amenities are NOT provided with the units, so it is best practice to ship them in advance to your sponsor or carry them in your hand baggage. Make sure that your sponsor receives your Power of Attorney (PoA) and contacts the Housing Service Center in advance to select and accept the unit offered, arrange for the temporary loaner furniture delivery prior to your arrival, and get more information and be prepared for your arrival.

4. **Temporary Loaner Furniture** is available and may be kept for up to 90 days while awaiting your personal household goods shipment. Temporary Loaner Furniture consists of beds, nightstands, dressers, sofa, armchairs, cribs, highchairs, playpens, end tables, lamps, coffee table, dining table, and dining chairs. These items are available to both accompanied and unaccompanied personnel except for end tables, cribs, highchairs, and play-

pens which are available only for accompanied personnel. It is important that you utilize your unaccompanied baggage shipment (express shipment) to ensure timely arrival of items such as cooking and eating utensils, sheets, blankets, etc (although temporary loaner kits can also be provided by Fleet and Family Service Center). For more information, please contact the Housing Office at (314) 624-4311 or via email at [NASSIG-HousingHelpDesk@eu.navy.mil](mailto:NASSIG-HousingHelpDesk@eu.navy.mil) or the facilities division at [NASSIG-HousingMarinai@eu.navy.mil](mailto:NASSIG-HousingMarinai@eu.navy.mil)

### Unaccompanied Military Personnel (E-5 and Above) and Civilians:

Unaccompanied service members must E-5 and above must report to the Housing Office within 48 hours upon their arrival to start the referral process for off-base housing. Failure to report may jeopardize your housing allowances. When reporting, you are required to sign up for the mandatory “Housing Brief” to receive important information and to start the house-hunting process. Briefs are conducted every Monday, Wednesday, and Friday at 0900 in the Housing Office.

DoD Civilian Personnel (CIVPERS) should also report to the Housing Service Center to apply for economy housing, no matter if accompanied or unaccompanied. Government family housing can be requested by CIVPERS with dependents if available. Housing personnel will assist you in locating a home in the local community following the same procedures as for the service members.

All personnel referred to economy housing will immediately begin an aggressive search for permanent housing



**MR**

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**MARINAI RESIDENCE**

US Government's Leased Property - 43 hectares land  
Owner: Impresa Pizzarotti & C. S.p.A.  
(Global Service Management Contractor)  
3 minutes from/to Nas II - 12 minutes from/to Nas I -  
(route possible by bicycle)  
15 minutes from/to Catania and Playa beach  
Housing complex of 526 two-storey family housing units  
with carport, backyard and front yard lawns  
3-4 bedroom units, 160-170 sq.m., double voltage 110/220V,  
HVAC at each floor and household appliances  
security fence, support facilities, recreational and sport areas  
(baseball, soccer, basket, tennis, dog parks,  
playground for kids and outdoor fitness equipment.)  
Community Center with bar, pizzeria, restaurant, beauty  
salon, local produce market, pre-school and  
baby-sitting service.

 Pizzarotti Office  
Viale Sigona (next to secondary gate)  
0039 095 5183 394 - 0039 342 347 1370  
email: [marinair Residence@pizzarotti.it](mailto:marinair Residence@pizzarotti.it)  
Facebook page: Marinai Residence







Located on NAS 1, the Navy Lodge offers comfortable living accommodations at reasonable prices. Photo by MC2 Christopher Gordon

as their first priority. INDOC class can be scheduled after you secure your accommodation.

Housing Referral Services provided are intended to assist service members, civilians, and NATO personnel with finding affordable, suitable, and safe housing in the local community. Inspections, issue resolution, protection against predatory business practice, support for relocation, and assistance with realty services are all just a part of the referral program.

**1. Listing Management and HOMES.MIL.** Housing counselors are dedicated to continuously searching for new rental properties to be added to the HOMES.MIL database. All properties offered by the Housing Office are inspected to ensure basic standards of adequacy for safety and security, that housing requirements are met, and that they are listed on HOMES.MIL, the official and authoritative housing database throughout the Navy and other service branches. Service members and civilians at every installation around the world can access the web site to view and select those properties that may meet their needs.

**2. Realtors Program.** The Realtors Program (RP) is an agreement between the Housing Office and approved local realtors designed to provide service members with further assistance in finding off-base housing. To be included in our RP, all realtors must provide the Housing Office with their license, enrollment with the Chamber of Commerce, insurance to cover any professional risks, and background check certification regarding the company and associates assigned to deal with the Housing Office. All units shown by realtors are inspected by Housing Office staff and approved as appropriate, safe, and reasonably priced for military mem-

bers. Customers have the opportunity to organize personalized showing tours with our RP partners after regular business hours and during weekends and are exempt from the payment of any commission for the realtor service provided. A list of approved realtors and procedures can be requested through the Sigonella Housing Office.

**3. House Showing Tours.** Tours provide the opportunity to see available private rentals in the community. When selecting properties, you should take a few things into consideration:

- Distances: Gas as can be costly and commutes can be long. If children attend after school clubs and programs, you should also factor in drive time to pick them up.

- Size: Utilities are expensive in Italy. The bigger the house is, the higher utilities bills will be. Make sure your needs are met but also that you can afford a larger house.

- Structure: Houses may vary in size and type (apartment, townhouse, duplex, "villa") but in general they are made of concrete, may not have private garages, closets are

not built in (but wardrobes are provided by Housing), and so on. Expectations should be different than in the States!

Tours are conducted on a daily basis and usually start at 0830 at the Housing Office. You must sign up for a tour at least 48 hours in advance so that landlords can be informed of the upcoming visit. On the scheduled day, tours are conducted by a Housing counselor in a government vehicle to visit the selected properties. This service is provided on a first-come first-served basis and may be a personalized or accommodate a group showing. The primary customer will have first selection right to any property shown. During tours, the counselor will provide general briefings on the surrounding areas and act as an interpreter when dealing with prospective landlords. They will also ensure that concerns and responses are accurately conveyed.

**4. Lease Negotiation:** When you select a house, trai-

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ned and experienced Housing counselors will help you negotiate a fair rental price, verify the presence of the Military Clause, and ensure compliance with Italian law. They will then prepare a commitment letter that both the tenant and landlord agree on and will schedule the lease signing appointment at the Housing Office. Be aware that **all leases must be signed through the Housing Office**; otherwise the Overseas Housing Allowance (OHA), loaner furniture, and housing assistance cannot be provided. Rents are paid in Euro and range from €600 to €2000 per month. Because rents are established in Euro, the equivalency in U.S. currency will fluctuate with the exchange rate. Usually, a deposit fee equal to one month's rent will be paid together with the first month's rent when the lease is signed. Remember, the lease is a binding contract between the tenant and the landlord and Housing is not a party to the contract. Tenant and landlord responsibilities will be explained and discussed during the lease signing.

**5. Utilities contracts.** The Housing Office can help you arrange your utilities contracts (electricity, gas and telephone/internet) and liaise with the utility companies throughout your tour if the contracts are arranged through the Housing Office. Remember, utilities contracts are binding documents between the tenant and the companies and Housing is not a party to the contract. A utilities checklist will be provided to ensure that the process and bill cycles are explained and understood.

**6. Temporary Loaner Furniture.** Housing provides furniture that may be kept for up to 90 days while awaiting for personal household goods shipments. Loaner furniture consists of beds, nightstands, dressers, sofas, armchairs, end tables, lamps, coffee tables, dining tables and

dining chairs. These items are available to both accompanied and unaccompanied personnel living in the community. It is important that you utilize your unaccompanied baggage shipment (express shipment) to ensure timely arrival of items such as cooking and eating utensils, sheets, blankets, etc.

**7. Full Tour Loaner Furnishings.** These items will be loaned to you for the entire duration of your tour if you have signed a community housing lease through the Housing Office. These items include a stove, refrigerator, washing machine, dryer, microwave, wardrobes, transformers, and carbon monoxide detectors.

**8. Other Services.** The Housing Office provides assistance throughout the duration of your tour, which includes, but is not limited to, issue resolution of: landlord-tenant disputes, maintenance service scheduling, utility billing discrepancies, lease amendments, and termination services. For legal advice, the base legal office (RLSO) is available to all customers. For more information about Housing Referral Services, please contact us at **NASSIG-HousingReferral@eu.navy.mil**

### Unaccompanied Housing Accommodations (E-4 and Below)

Unaccompanied Housing (UH) permanent party accommodations are mandatory for unaccompanied E-4 and below. UH facilities are located both on NAS I and NAS II for a total of 576 rooms. The rooms are 1+1E type, meaning that a unit is composed of 2 private bedrooms with a shared bathroom and kitchen. The rooms are fully furnished and a set of linens is provided at check in. Shipment



# Motta Residence Hotel

## TEMPORARY LODGING APARTMENTS










- Shuttle service to and from the airport Fontanarossa and NAS I Sigonella
- Free security parking • Free laundry facilities (including dryer)
- Rental car • Furnished rooms with balcony • Fully stocked kitchen
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- Daily maid service • DVD • Coffee bar • BBQ area
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- Panoramic terrace for parties and socializing
- Solarium area • Pets welcomed

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**Via Ruggero II, 14 - Motta S. Anastasia (CT)**  
**www.mottaresidencehotel.it • mottaresidence@yahoo.it**







of HHG is limited to personal belongings and extra furniture is unauthorized.

Service members must report to the Housing Service Center within one working day upon their arrival to Sigonella. The UH division offers various programs to assist junior sailors.

**1. "Door-to-Door" Program.** It is recommended that the sponsors contact the Housing Service Center to arrange for a "Door-to-Door" assignment which allows the sponsor to receive the room key the business day prior to the service member's arrival. This procedure will ensure there is an available room for the incoming service member and immediate access to the assigned room, regardless of the day and time of arrival. Incoming E-4 and below will then report to the Housing Service Center the next day to sign their check-in documentation and receive the "Welcome Aboard Package" during their initial counseling. New resident orientation is provided by the Building Managers within 30 days upon arrival. Incoming TLA is authorized to special and specific circumstances on case-by-case basis only. If TLA is authorized, government lodging such as the Navy Gateway Inns and Suites (NGIS) must be utilized as the first option.

**2. Assignment.** Room assignment is based on room availability. Maximum room utilization precedes command cohesion or unit integrity, meaning service members will be assigned to available rooms regardless of location. Command cohesion is applied only for NAVHOSP if rooms are available.

**3. "Roommate Matching" Program.** Residents may request to be assigned to a unit with a resident that closely meets their roommate preferences through the "Roommate Matching" Program. Residents may apply by completing a questionnaire with their preference (shift hours, music style, cooking taste) and sending it to the UH Manager who will screen all applications and find the best match. This program increases the chances of finding a compatible roommate. Participation in the program is voluntary and participants must send their completed questionnaire to their assigned sponsor. Residents submitting completed questionnaires will be granted access to the CNIC G2 Portal to review their own questionnaire as well as potential roommates'. You may also locate a roommate on your own—both roommates must agree to be assigned together. Access requirements, links to the portal, and other questions concerning the program can be addressed to the UH Director at [NASSIG-HousingUH@eu.navy.mil](mailto:NASSIG-HousingUH@eu.navy.mil)

## Allowances—Service Members

### Temporary Lodging Allowance (TLA)

All members on accompanied and unaccompanied tours are eligible until permanent housing (family or community) is secured. Upon arrival, you will reside in temporary lodging while aggressively seeking accommodation in the community. TLA is reimbursed to the member in 10-day increments while awaiting the assignment of permanent housing. It generally covers the cost of lodging plus meals and incidental expenses. The goal of the Housing Office is to have all incoming personnel housed within 30 days of arrival. Based on the availability of suitable housing, TLA can be authorized for up to 60 days. TLA can be terminated if adequate permanent housing is declined. TLA is authorized by the Housing Service Center and then processed by PSD for payment. To be eligible for the full payment of TLA, accompanied personnel must make arrangements

for lodging/hotel accommodations at the Navy Lodge and unaccompanied/single personnel must make arrangements at the Navy Gateway Inns & Suites. A Certificate of Non-availability (CNA) should be obtained from the Navy Lodge and Navy Gateway Inns & Suites before making arrangements for community hotel accommodations.

NGIS and Navy Lodge rooms may be equipped with kitchenette. A limited number of "pet friendly" rooms are also available. Local NGIS reservations can be made by visiting [www.lodging.net](http://www.lodging.net) or by calling 1-877-NAVY-BED or 011-39-095-866832. Navy Lodge reservations can be made by visiting [www.navy-lodge.com](http://www.navy-lodge.com) or by calling 1-800-NAVY-INN.

It is very important that all incoming personnel communicate with their sponsors as soon as possible upon receipt of orders. Your sponsor must know if you will be accompanied or unaccompanied, the size of your family, if you are bringing pets, etc. Answers to these questions will help your sponsor make appropriate advance reservations for temporary lodging.

Generally, all personnel referred to the economy housing should have a lease contract and a move-in appointment scheduled within 30-45 days of arrival. You will then arrange utilities, loaner and full-tour furnishings, and household goods deliveries within 3 to 5 days of signing the lease.

### Overseas Housing Allowance (OHA)

OHA is authorized to assist a service member in defraying the excess housing costs incurred when assigned to private housing in an overseas duty station. Residents of military family housing do not draw housing allowances. OHA helps service members pay for housing costs, inclu-

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ding rent, utilities, and recurring maintenance expenses.

OHA consists of two parts; a rent portion and a utility and recurring maintenance portion. The rent portion of OHA is paid based on your actual rent (up to a maximum based on rank and whether member is accompanied or unaccompanied). Members are not limited by the rental ceilings. If the rent is above the ceiling, the member is responsible for paying the difference; if the rent is less than the ceiling, the allowance will only include the actual amount. The utility portion of OHA is added to the rent portion to help pay for utilities and recurring maintenance costs and this portion fluctuates with the dollar/euro exchange rate.

Both portions of OHA are adjusted as a result of the annual OHA Utility Survey. It is important for service members to maintain complete records of rent and utility payments. Service members are advised to keep a file with all receipts and a notebook to record all expenses associated with repair and maintenance of their house or apartment. This will be helpful for reporting purposes in completing the annual OHA Survey. To obtain up-to-date information on rental ceilings and OHA entitlements, go to <https://www.defensetravel.dod.mil/site/ohaCalc.cfm>. The locality code for Sigonella is IT067. Required OHA documentation (DD Form 2367) is completed at the Housing Office, once a service member enters into a lease agreement, and is then processed at PSD for payment.

**Important Note:** Because many of these allowances fluctuate as the dollar/euro exchange rate fluctuates, paychecks will vary quite often. You should keep track of all these things and watch your leave and earnings statements carefully for errors. Also, keep a notebook and enter every purchase you make for your home and all purchases

you make in the community. That way, when it is time for the annual allowance surveys, you have accurate figures.

### Moving In Housing Allowance (MIHA)

MIHA is a one-time payment to defray the costs as items such as cabinets, light fixtures, adapters, transformers, door/window locks, etc. that are sometimes not provided in community housing. This allowance is not paid to those who occupy government-leased quarters. Because of the many recent additions to permanent loaner furniture offerings (e.g., washers, dryers, stoves, power transformers), MIHA has been greatly reduced. Please double-check the actual amount that you are authorized so you do not depend on money that you will not be receiving.

## Allowances-Civilians

U.S. Civil Service employees recruited in the United States to work abroad for the U.S. Government are generally eligible to receive several overseas allowances.

### Temporary Quarters Subsistence Allowance (TQSA)

TQSA is authorized for the reasonable cost of temporary quarters incurred by civilian personnel and their families for a period up to three months after first arriving at an overseas duty location, or a period ending with the signing of a community lease, whichever is shorter. Temporary lodging accommodations can be made at either the Navy Lodge or a hotel in the community. While in a transient status, keep your receipts for hotel bills, meals, dry cleaning, and other expenses. These receipts will be required

# NEW PLACE

## Temporary Lodging Apartments

[www.newplacetta.com](http://www.newplacetta.com) - [agostinanewplace@katamail.com](mailto:agostinanewplace@katamail.com)  
Tel. 095-308639 • 339-650228 • 377-6816369

- Large furnished apartments with fully equipped kitchens conveniently located 4 miles from NAS I in downtown Motta S. Anastasia
- All shops and restaurants are easy walking distance from the TLA
- Apartments are spacious and range in size from 970 square feet to 1,300 square feet, with panoramic views • Free accommodations include local calls • Internet and Wifi • International TV channels,
- 110V and 220V outlets • A/C • Heat • Maid services
- Laundry & dryer facilities • Alarm system • Security video cameras
- Swimming pool • Solarium • BBQ areas • Gazebo • Playground and gated assigned parking • Pets are welcome • Free shuttle services on arrival and departure from/to Airport, NAS I and NAS II
- Rental car and babysitting services available on request
- Guests receive 10% discount at Agostina's Aesthetic Center (massage, hair removal, and much more) located on premises.

Via Enrico Toti 9, Motta S. Anastasia, CT







**The Marinai Family Housing complex is located near NAS 2. Depending on the size of the family this government housing comes in either three- or four-bedroom units, and is available to qualifying members. Photo by MC2 Ramon Go**

when you file your reimbursement documentation. Taxi fares to and from your accommodations and work, as well as vehicle rentals, are not reimbursable. You will in-process with the Human Resources Office (HRO) immediately upon arrival to be briefed on living quarter's allowance (LQA) and TQSA entitlements.

#### **Living Quarters Allowance (LQA)**

LQA is authorized to substantially cover the cost of privately rented housing. Its payment is intended to cover the average cost of rent, electricity, gas, fuel, and water up to the applicable maximum rate. Maximum rates vary by duty location, employee grade level, and family size.

#### **Post Allowance**

This allowance is authorized when the cost of living in the foreign area is significantly higher than in Washington, D.C. Currently, there is a Post Allowance authorized for Sigonella. Contact the Human Resources Office for further information.

#### **Temporary And Full-Tour Loaner Furniture**

The NAS Sigonella Housing Loaner Furniture Program is open to all military and DoD civilian personnel entitled to Household Goods shipments.

#### **Temporary Loaner Furniture**

Housing provides temporary furnishings that may be kept for up to 90 days while awaiting personal household

goods shipments. These items are available to both accompanied and unaccompanied personnel living in the community and military family housing. Loaner furniture consists of beds, nightstands, dressers, sofas, armchairs, end tables, lamps, coffee tables, dining tables, and dining chairs. It is important that you utilize your unaccompanied baggage shipment (express shipment) to ensure timely arrival of items such as cooking and eating utensils, sheets, blankets, etc.

#### **Full-Tour Loaner Furniture**

In addition to the 90-day temporary loan program, there is also a

Full-tour Appliances/Furniture Program designed to get you started in your new house or apartment. Those items can be kept for the entire duration of the tour. To be eligible, members must have a signed lease through the Housing Office. Members living in military family housing are not entitled to full-tour packages, as their units will already be fully equipped.

Some items, sizes, and quantities for furnishings vary between the family and unaccompanied programs. Contact the Furnishings Branch at the Housing Office for more details:

- Stove: 1 per household, white. You will need to provide your own gas bombola, regulator and hose, if required.
- Refrigerator: 1 per household.

ANGELA & BROS

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- 220V Microwave.

For loaner furniture or the full tour questions or concerns, please contact us at **NASSIG-Housing Furnishings@eu.navy.mil**

### Delivery of Furnishings

Members are urged to request only those items actually needed to complete the household. Normally, temporary and/or full-tour furnishing deliveries will be arranged when you sign your lease. In general, the furnishings branch needs at least 3-5 working days to schedule deliveries or pickups. Any cancellation of a scheduled delivery, service call, or pick up requires at least one working day notice, or you may be charged for the service. You may also be charged for missed appointments without proper advanced notification. You must ensure that your electricity is on during the delivery so the delivery personnel can complete the required work (e.g., testing appliances).

Note that many of the items that will be delivered are not new, and scratches or dents are not grounds for refusal of the item. However, all appliances and items should be

clean and in good working condition. Damages to the items should be noted on the delivery receipt to avoid being charged for prior damage on pick up later.

## Living in the Community

Finding a new home is one of the most important steps toward enjoying your time in Sicily. The home you choose will most likely be where you will live for the next few years. Be judicious about your choice; if you are uncertain about anything, make it a point to ask questions until you are satisfied with the answers. Once you sign a lease for an Italian home, you will find it hard to break. Italian law requires you to notify your landlord six months in advance of breaking the lease unless you are conducting a permanent change of station (PCS). The contract is a binding, legal agreement and is not easily revoked without serious justification.

Homes in Sicily are different from those in the United States. There are apartments, townhouses (generally one floor of a house), duplexes and villas (single homes within a fenced perimeter), and they may be smaller than what you are used to living in as compared to the United States. Therefore, you should carefully limit the total weight and items being shipped. You should not ship American appliances (stoves, dishwashers, refrigerators, washers or dryers) as the voltage is different and these items will be provided to you by the Housing Office for your usage during your tour.

Do a little research first! **Homes.mil** is the CNIC web site where many available houses are listed. It's very user-friendly and you don't need a CAC card. Select the instal-



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lation and then search by area or by type of house or by rent range. Take note of the listing IDs for homes that you are interested in and schedule a showing tour with the Housing Referral counselors.

It can be also helpful if your sponsor drives you around to see some of the surrounding areas. Review maps, note distances from base, and ask about availability of school buses and condition of roads near each area in order to make an informed decision.

Sicily has a relatively high unemployment rate. As a result, home and car break-ins, as well as pick-pocketing can be a problem. Consider, however, that many times the reported cases have involved the victims leaving items of value in their cars in plain view. That said, the problem is real and you need to be aware of it and take it into account when looking for a home.

Often, word-of-mouth among co-workers is a common way to find a house or select an area. However, you need to make sure that the house you are referred has obtained the Housing Office's approval and is listed in Homes.mil database. If the home has passed the Housing inspection, an appointment can be made with the landlord, housing counselor, and the customer to negotiate the terms and price and sign the lease contract. Rental contracts negotiated at the Housing Office are written in both English and Italian and take into account Italian real estate customs and law.

After the lease contract is signed and before you move into the rental property, you will have to pay for the first month's rent and security deposit. Rent and security deposit will be wired from your bank to the landlord's account. The deposit will be returned to you less any amounts

deducted for damages when the lease is terminated. In the event that a home does not meet the standards set forth by the Housing Office, a waiver will be required acknowledging the limitations of services available by the Housing Office due to the noted discrepancies/shortcomings.

The Housing Office has also implemented a Realtor Program (RP) with some local real estate agencies to provide additional services and houses. A list of approved partners is available at the Housing Service Center for your use. Do not secure any lease contract with agencies or realtors that are not approved by Housing. Also, do not pay any money to "hold" properties prior to signing the lease through the Housing Office. For any questions or concerns, please contact us at **NASSIG-HousingReferral@eu.navy.mil**.

## Rent and Utilities

Utilities are rarely included in the rent. Often, a "condominium fee" is charged in addition to the monthly rent, to cover such things as janitorial services, the lighting and cleaning of corridors, stairways or elevators, garbage pick-up, etc. This fee is generally \$25 to \$50 per month. Landlords are also permitted to charge the resident half the cost of registering the lease contract with the Italian authorities, and raise the rent on an annual basis according to Italian law and published inflation rates. However, many landlords do not request the additional amounts.

### Telephones

At this time, TELECOM Italia is the only company that offers landline service throughout the Italian territory.



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Contracts may be made directly with TELECOM through either the Housing Office or through the Navy Exchange (NEX). Packages differ between the two, and you will be required to evaluate which may work best for you. Other providers are available out in town but Housing does not provide any assistance for them.

Notes about landline bills:

- Bills are issued every two months. All bills include a flat fee plus taxes.
- Telephone call costs are calculated on the following factors: length of call, distance, and the time and day that the calls are placed.
- Telephone calls from your home phone to cell phones can be expensive.

Note: In addition to phone service fees and equipment rental fees, your bill will include a charge for the “scatti” (units) you have used over the billing period. Phone calls are billed according to how many units you use. A unit does not represent a single phone call but rather it is a mix of distance called and time called. Calls to cellular phones may cost more than making international calls, depending on the time of day they are made. Reduced rates are available Monday through Friday between 6:30 p.m. and 8:00 a.m., Saturday between 1:00 p.m. and 8:00 a.m. and all day Sunday.

### Electricity

All Italian electricity is 220 volts, 50 Hz. Therefore, you will need transformers to convert electricity for American appliances, and adapters for Italian outlets (round pronged). An important point to remember is that heat generated by a 60 Hz motor operating on 50 Hz can be a safety hazard. This problem is most critical with refrigerators. While most other motors are only used periodically or, by design, can get rid of heat, most refrigerators tend to build up heat.

Electric supply is measured in kilowatts. Depending on the size of your dwelling, the number of water heaters, your family's size, your usage patterns, and the number of electric appliances you operate, the number of available kilowatts you need will vary. Electric contracts can be written for 3, 4.5, or 6 kW supply to accommodate your individual needs. Standard homes in Italy normally require a 3 kW supply, which is the most economical. The Housing Office will assist you in determining your needs. Be aware: electricity in Italy is expensive!

ENEL, the Italian Electric company, sends electricity bills every two months, but reads your meter only about twice a year. In between readings, ENEL will send you estimated bills, based on historical patterns of usage. This practice may result in a high bill when the actual reading taken by ENEL is above the amount estimated and may result in a refund check when the actual reading is below the amount estimated. The Housing Office recommends that you perform the initial ENEL meter reading and forward it to the Housing Utilities Branch upon receipt of your first electric bill. At this time, we will ensure that your contract was initiated with the correct reading and explain when to submit your readings to us. This practice should prevent you from receiving unexpectedly high (and expensive) bills after official readings are taken by ENEL. You should learn to estimate your own usage and set aside sufficient funds; a safe estimate is 28-euro cents per KW used.

### Central Heating/City Gas

Should you select a house/apartment with piped city gas for heating, you will be required to take over the gas contract, registering it under your name. This is done with the

assistance of the landlord, directly at the gas company. It is recommended to take the initial reading and keep track of your usage, as some gas companies issue bills based on estimates instead of actual consumption. It is also recommended to set the timer of the furnace, if possible, to shut off the heat when you are not home and to keep the thermostat at a reasonable temperature. Gas is expensive and the price per cubic meter increases with usage, so please keep that in mind.

### Independent Propane Tanks

Should you select a house or apartment with a large, independent, liquid propane tank (referred to as a GPL tank), you are required to schedule the appointments to have it supplied. Fuel oil is more expensive than city gas. However, if the tank is “AGIP” brand, you will be authorized to receive tax-free propane coupons from the Motor Vehicle Registration Office (MVRO) and will be able to schedule fuel delivery at the NEX.

### Water

The water contract remains under the name of the landlord at all times. In most cases, the landlord pays only the water flat-fee and the resident is responsible for any excess usage. The cost of water is subject to variation on the basis of housing areas, cubic meter consumption, and price per unit of water established by the supply company. When you are asked to pay a water bill, we recommend that you ask for a copy of the bill and forward it to the Housing Utilities Branch to ensure you reimburse the landlord for the correct amount.

## Contacts and Resources

Always remember that the Housing Office is the main point of contact and the service member advocate for any housing related issue!

### NAS Sigonella Housing Office Contacts

Housing Service Center phone number:

DSN (314) 624-4311

Comm. (+39) 095-56 4311

### Email addresses:

HousingHelpDesk@eu.navy.mil

HousingMarinai@eu.navy.mil

HousingReferral@eu.navy.mil

HousingFurnishings@eu.navy.mil

NASSIG-HousingUH@eu.navy.mil

NASSIG-HousingDirector@eu.navy.mil

### Facebook Pages:

#### NAS Sigonella Housing

<https://www.facebook.com/NAS-Sigonella-Housing-1577384599218998/>

#### NAS Sigonella Barracks

<https://www.facebook.com/Unaccompanied-Housing-Sigonella>

### Websites:

#### NAS Sigonella Housing Office

[https://cnic.navy.mil/regions/cnreurafswa/installations/nas\\_sigonella/ffr/housing\\_and\\_lodging.html](https://cnic.navy.mil/regions/cnreurafswa/installations/nas_sigonella/ffr/housing_and_lodging.html)

#### HOMES.MIL

<https://www.homes.mil>

#### HEAT (Housing early Assistance Tool)

<http://www.cnic.navy.mil/HEAT>



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# Automobiles, Motorcycles, and Public Transportation

## Motor Vehicle Registration Office

The military community in the Sigonella area is spread out amongst various locations, therefore a vehicle may be a necessity, depending on your circumstances. Transit time for privately owned vehicles (POVs) can take up to three months, and rental vehicles can be costly, but there is a substantial used-car market here, with vehicles advertised weekly on various bulletin boards on NAS I, NAS II, and on Facebook. Italian public transportation, bus, train, taxis and Navy-sponsored shuttles are also available. Please understand that registering a motor vehicle requires personal responsibility and accountability in ensuring that you keep your registration, insurance, safety inspection and driver's license all up to date with Motor Vehicle Registration Office, failure to do will result in temporary suspension of your Tax-Free Fuel Products and/or disciplinary actions.

## Shipping Your POV

You are allowed to ship one POV from the U.S. to overseas, at government expense. For DoD civilian employees, return shipment is only authorized if a vehicle was originally shipped under orders. The vehicle you ship enters Italy free of import duty (tax) and IVA (excise tax). The Italian Ministry of Finance (customs) authorizes DoD and NATO personnel to **register up to three POVs** only during their tour. The second and third vehicles (car, motorcycle, truck

or van) are required to pay annual Italian property tax which is based on the engine size of the vehicle.

The Italian Department of Motorization defines a motor vehicle as either an automobile or a motorcycle with engine power exceeding 1.5 HP and engine size exceeding 50cc. Therefore, if you ship an automobile, in accordance with DoD rules, you can ship one motorcycle or moped with your household goods, but you must pay Italian property tax when it arrives and is registered. All mopeds, motorbikes and motor scooters shipped with household goods are entered tax free, but must be licensed and registered with the Motor Vehicle Registration Office (MVRO) prior to use on the road. The Personal Property Shipping Office provides information on how to arrange for shipment of your POV.

When turning in your POV for shipment, you must ensure that the vehicle identification number (VIN) on documents matches the physical description of the POV. An error may cause delay in receipt and registration of the vehicle.

There are no restrictions as to color, age, dimensions or special lighting of imported POVs. Vehicles shipped must be in mechanically safe operating condition and undergo a safety inspection upon registration.

Estimated transit times are 45 to 60 days from East Coast ports and 55 to 90 days from Gulf and West Coast ports. The purchase of a large new car just before leaving the United States is not recommended, but if you have a newer automobile and would incur costs by disposing of it, bring it. Driving conditions in Sigonella are not what they are in the United States, so a large vehicle will be more difficult to navigate on the narrow Italian streets and under congested, erratic driving conditions. Supply of parts and maintenance for U.S. cars is often inadequate. You can purchase new American cars, as well as foreign models from various sources on and off the base. Make sure that any car you buy has all the equipment required for registration and for driving on base, including seat belts and child protective restraints. Automobiles other than Italian makes, when bought in Italy, are imported duty free and deliveries can be made to Sigonella. In addition, when buying Italian cars you are exempt from paying the Italian government excise tax.

We currently only offer two U.S. insurance companies that insure U.S. vehicles shipped to Italy: USAA and GEICO. Both companies have offices in the United States, and it is easier to coordinate an insurance policy before your arrival if you plan to ship your vehicle. There are companies on the local economy as well, but remember that because you are not a resident of Italy, your payments may be higher.

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**The Motor Vehicle Registration on NAS 2 handles all regulations and fees related to registering an automobile in Sicily. Photo by MC2 Brian Glunt**

## Vehicle Registration

Each U.S. service member/DoD civilian/DoD contractor and NATO Forces personnel must register vehicles through the NAS Sigonella's Motor Vehicle Registration Office (MVRO). All autos and motorcycles must use cover plates, which are similar to standard Italian license plates.

If you register more than one vehicle, you are required to pay the Italian property tax on the second and third vehicles, based upon the model year and engine brake horsepower rating, ranging from \$60 to \$900 per year.

Each year, one month before your registration anniversary month (i.e. register in July and revalidate in June) you will be required to revalidate your registration before you can receive your tax-free petroleum products. Upon receipt of any fees, MVRO will issue your base tags and tax-free petroleum ration card. All vehicles must meet the criteria set forth in NSA Naples Instruction 11240.19 series and NAS Sigonella Instruction 5114.2 series. Vehicles failing to meet inspection criteria will have gas rations suspended until appropriate repairs have been made. All vehicles will be registered in the sponsor's name only.

### Documents required for registration:

- Vehicle for a VIN verification
- Valid original vehicle title, previous registration, or certificate of origin (with no liens or with written authorization from the lien holder, acknowledging vehicle description and location and amount and term of lien)
- Proof of insurance (originals only)
- Driver's license
- AFI Driver's license

- Proof of eligibility: DoD CAC and PCS orders
- Shipping document
- Applicable registration fees

DoD civilians also need a Letter of Logistical Support from their servicing HRO or Staff Judge Advocate, clearly establishing employee as part of the "civilian component" as defined in NATO Status of Forces Agreement (SOFA) and a copy of passport and soggiorno permit (or application receipt).

DoD contractors also need a DOCPers letter from their servicing HRO or Staff Judge Advocate, clearly establishing employee as part of the "civilian component" as defined in NATO Status of Forces Agreement (SOFA) and a copy of passport and soggiorno permit (or application receipt).

### Documents the sponsor will receive after registration:

- Original military registration and Certificate of Title
- Italian (cover) license plates
- Petroleum products authorization

Before you can register and operate a POV or motorcycle in Sigonella, you are required to attend a local traffic safety orientation, have a valid stateside driver's license, and have current insurance in order to obtain an Allied Forces Italy Driver's License. If you plan on riding a motorcycle, you will need to attend a command sponsored Motorcycle Safety Course. Helmets, full finger gloves, and reflective florescent vests are required for motorcycle riders and they must meet Department of Transportation and Italian specifications. They can be obtained at the Navy Exchange or on the economy. Riding motorcycles on Italian streets can be more dangerous than in the United States because traffic here is less regulated and road conditions are more hazardous. However, Italian drivers are generally more aware of motorcycles as the motorcycle is a major means of transportation here.

A motorcycle may be shipped at government expense as part of your household goods shipment. However, it is highly recommended that it be shipped in a separate crate, as motorcycles often take longer to clear customs. Ensure that the make, model and chassis numbers are clearly marked on the inventory of your household goods.

All motorcycles shipped in household goods must be registered with MVRO as soon as they arrive to avoid penalty fees from Italian Customs.

## Driver's License

Anyone wishing to drive in Italy must have a current stateside driver's license or a valid license from another country. Eligible drivers must obtain an Allied Forces Italy (AFI) Driver License to operate and register an AFI-registered vehicle. The AFI Driver's license is a privilege granted by the NAS Sigonella Commanding Officer as issuing authority, and as such, the Commanding Officer can revoke this privilege based on driving record.

Regardless of stateside licensing, those under 18 **are not allowed** to drive cars in Italy. If you plan trips to other European countries, an international license is not required, but highly encouraged.

## Fuel and Oil

Unleaded fuel, diesel fuel, and oil coupons are available to DoD and NATO Forces personnel in Italy on a tax-free basis, at a substantial discount from the local market and comparable to prices in the United States. Rationed cou-

pons are sold at customer service desk at the NEX on NAS I and at the counter at the NEX 7-Day store on NAS II.

The basis for tax-free gasoline is the sponsor's need to commute from home to work as an official duty. The ration amount, and rationed fuel type, depends on the primary registered vehicle's engine size. Allotment is 100, 200 (engine over 660cc), 300 (engine over 1200cc) or 400 (engine over 2900cc) liters of fuel per month. Motorcycle rations are up to 200 liters per month.

Tax-free fuel coupons are only authorized to be used at AGIP and ENI stations. Some stations may not accept them, so ask it is recommended that you ask prior to filling up. When purchasing gas, be sure to verify that the reading on the pump matches the amount you asked for before handing over your coupons. Most gas stations are full-service. It is a good idea to always get out of the vehicle, tell the attendant how many "liters" you want, then sign your coupons while they are filling up the vehicle. Coupons must include signature, plate number and date. Selling, bartering, lending or giving coupons or the product itself to any person, or buying or borrowing from any person is prohibited. Illegal use of coupons is a violation of the Uniform Code of Military Justice and Italian fiscal law. In 2019, the base will begin transitioning to a debit card system of distributing gas coupons, and paper coupons will be phased out.

## Spare Parts for Your Vehicle

It is a good idea to include spare parts for your vehicles in your household goods shipment, as many items are not readily available through the NEX and auto parts are

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expensive on the Italian market. However, the NEX continues to improve its auto parts service, and parts may be ordered and received in about four to eight weeks. Do not ship extra parts, or anything of value in the car itself, as items may be missing by the time the vehicle arrives.

Basic items or information you may want to ship:

- A detailed maintenance manual
- Two sets of spark plugs
- Four oil filters and four air filters
- Two sets of belts
- Name and address of mail source for parts
- One complete set of brakes

## Auto Insurance

Vehicle insurance for the Sigonella area is expensive, and cost depends on make, model, year and age of the driver. Vehicles shipped at government expense cannot be registered or released for use without proof of valid insurance.

Third-party liability insurance is mandatory in Italy for all autos, trucks, and two-wheeled vehicles. Policy conditions and premiums are established by law and are standardized throughout the country. Premiums vary according to the horsepower of the vehicle and the location of registration. If a vehicle has been insured with only minimum coverage, liability for death or injuries to passengers in that automobile is not covered. To provide this insurance, the owner must specifically ask the insurance agent for coverage.

Comprehensive and collision coverage are not included in the compulsory insurance; they are optional and specifically must be requested. In addition, comprehensive and collision coverage is not always available through Italian insurance companies. Most stateside insurance companies are not licensed in Italy. When considering whether to obtain comprehensive coverage, remember that the maximum the U.S. government will pay for a damaged or stolen vehicle under the Personnel Claims Act is \$2,000, regardless of the actual value of the vehicle.

Check with your insurance company and the nearest government transportation office concerning insurance coverage during shipment overseas. It is a good idea to have new policies become effective upon arrival of the vehicle in Italy.

## NEX Autoport

The NEX Autoport is located on NAS II just past the ball field and beyond the traffic circle. The retail store carries a medium assortment of car care products, light bulbs, floor mats, filters, oil, engine/fuel additives, tires, and car batteries. Automotive hard parts may be special ordered at the service counter. This location also has a full service garage that performs vehicle inspections (required for registration), oil changes, tire mounting & balance, wheel alignments, and other minor automotive repairs. All authorized Navy Exchange customers are invited to use this facility. For details, call DSN 624-2814. NEX Autoport store hours are Monday-Friday 0900-1700.



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## Buying, Selling, or Scrapping Your Vehicle

The sale of vehicles, registered in the AFI system, are subject to the following restrictions:

- Sale to Italian nationals or anyone that is TAD/TDY is prohibited.

The vehicle you import, if not shipping it back to the States, may be disposed of before your transfer from Italy in one of two ways:

- Sale to persons eligible for military registration.
- Transfer to U.S. Government for scrapping.

Selling a vehicle of any kind cannot be done via a Power of Attorney unless there are special circumstances, which MVRO may determine. POAs are no longer authorized for disposal of vehicles, except on a case-by-case basis.

## Motorcycles

In order to register your motorcycle in Italy, you are required to have a motorcycle endorsement on your license from your state and have completed the Motorcycle Basic Rider's Course. If you do not have a motorcycle endorsement on your U.S. license, you not be able to register your motorcycle until you have completed the Motorcycle Basic Rider's Course here in Sigonella. Before you can operate any motorcycle, you will be required to attend a local

Motorcycle Safety Course. Helmets and a reflective florescent vest are required and they must meet Department of Transportation and Italian specifications. They can be obtained at the Navy Exchange or on the economy. Riding motorcycles on Italian streets can be more dangerous than in the United States because traffic here is less regulated and road conditions are more hazardous. However, Italian drivers are generally more aware of motorcycles as the motorcycle is a major means of transportation here.

A motorcycle may be shipped at government expense as part of your household goods shipment. However, it is highly recommended that it be shipped in a separate crate, as motorcycles often take longer to clear customs. Ensure that the make, model, and chassis numbers are clearly marked on the inventory of your household goods.

All motorcycles shipped in household goods must be registered with MVRO as soon as they arrive to avoid penalty fees and/or confiscation from Italian Customs. All motor vehicles must be registered to clear customs and to be shipped out at the end of tour. Simply put, if you don't intend on using/registering a vehicle, DO NOT bring it.

## Vehicle Rental

Vehicle rental is available on base and at off base locations. If you rent a car while you are waiting for your vehicle to arrive from the States, you may obtain a temporary tax-free fuel ration from MVRO. Coupons are purchased at the NEX and the NEX 7-Day Store.

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Across NAS 1 main gate – Tel./Fax +39 095-7130239 Mob. +39 335-6396324 – E-mail: [vipcars@hotmail.it](mailto:vipcars@hotmail.it)



## Public Transportation

Catania has a highly developed and fairly efficient public transportation system, encompassing buses, subway, trains, distance trains, taxis, ferries, hydrofoils, and airplanes.

There are also suburban and long-distance services, but these generally do not run as often or have such dense concentration. As many Americans live in base housing, public transportation is not usually available home-to-work option. Rather, public transportation is most useful for off-duty recreational travel.

### Buses

There are two bus companies (AST and ETNA) that serve Sigonella from and to Catania. Both bus schedules can be found at the FFSC front desk. Buses from AST pick up outside of NAS I.

Buses for other destinations on the Island and Mainland leave from Catania main Bus station (Piazza Giovanni XXIII). Use the following web-sites for timetables.

AST [www.aziendasicilianatrasporti.it](http://www.aziendasicilianatrasporti.it)

INTERBUS [www.interbus.it](http://www.interbus.it)

SAIS [www.saistrasporti.it](http://www.saistrasporti.it)

ETNA [www.etnatrasporti.it](http://www.etnatrasporti.it)

### Short and Long-Distance Trains

Trains depart from Catania, Piazza Giovanni XXIII (train/bus station) to different destinations around Sicily and mainland Italy. The official website where you can look up time-tables and prices is [www.trenitalia.it](http://www.trenitalia.it). Remember to validate your ticket before getting on the

train. To validate the ticket, look for the boxes located on the wall near the tracks.

### Taxis

A Taxi from Catania to NAS I or NAS 2 will cost approximately 40.00 to 50,00 EURO. It's always wise to agree on the price "*Quanto costa la corsa per Sigonella?*" and have the driver write it down for clarity "*Me lo può scrivere per favore?*"

### Ferries and Hydrofoils

From Catania there is a ferry that departs every night for Naples, [www.ttlines.it](http://www.ttlines.it). From Messina to Villa San Giovanni (mainland) there are Caronte & Tourist [www.carontetourist.it](http://www.carontetourist.it) & Bluvia ferries. From Palermo to Genova (north mainland), ferries operate every day with Grandi Navi Veloci, [www.gnv.it](http://www.gnv.it).

### Parking information

In most cities you will find parking spaces with blue lines, which means that you need a parking pass (SCHEDA PER IL PARCHEGGIO). White parking lines are free and yellow are designated spots for disable and taxis.

Parking passes can be purchased at parking meters or via parking apps. In Catania you can get your ticket from the parking meter machines which are spread out throughout the city; there are hourly, daily, half day ticket valid from 08:30 to 13:30 and from 15:00 to 20:00 Monday through Saturday. All cities will display their pay parking hours; if you see a symbol that looks like crossed hammers, that means it is free on Sunday. If not, you will need to pay on a Sunday.



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**We are located on the SS192 next to the Eni Gas Station between NAS 1 and NAS 2**

# Safety and Security

## Ready Navy

Welcome to Naval Air Station (NAS) Sigonella. There are ways to mitigate the culture shock of living in a land where the populace speaks a different language and has unique driving habits. But the language and the driving may not be your only challenge. You will be living at the foot of Europe's most active volcano, fraught with tremors. You may also be challenged with the amount of rain and local flooding during the winter months and the fires associated with the droughts during the summer months.

Additionally, due to its geographic significance, you will be living not far from countries which are often in political turmoil. Some groups in these countries are less than happy with the support provided by units operating from NAS Sigonella. Because of the nature of these potential natural and manmade emergencies which could cause damages, interruptions and shortfalls to local government resources, it is the policy of NAS Sigonella's leadership that all personnel be self-sufficient for a minimum of 72 hours should an emergency or disaster occur. For assistance, the Navy has developed the Ready Navy Program which can be found at [www.ready.navy.mil](http://www.ready.navy.mil). This website will assist you in developing family plans, developing emergency kits, and staying informed. Are you and your family READY for an emergency?

## Safety Department

The Naval Air Station (NAS) Sigonella Safety Department provides occupational safety and health services to all NAS Sigonella and tenant commands in accordance with U.S. Federal and Italian occupational safety and health statute. Our services are provided by a professional team of U.S. and Italian workers committed to providing a safe place to work and play while you are stationed in Sicily. Our services cover a wide gamut of specialized areas including safety training, confined space evaluations, respirator fit testing and training, workplace inspections, heat stress, indoor air quality, mishap investigation, explosive safety, and traffic safety.

Our traffic safety section provides traffic safety training and for new personnel and dependents. Prior to being permitted to operate a vehicle in Sicily, you must attend our Command Indoctrination Traffic Safety Awareness program tailored to the European environment. After succes-

fully completing this course, you will receive an Italian translation of your stateside license for use abroad issue by the MVRO office. We also offer the Level 1 Basic Rider's Course (BRC) and the Level 2 Advanced Rider's Course (ARC) for employees who own motorcycles or expect to ride in Europe. Our traffic program is run primarily by volunteers so training seats are limited. If you are already a motorcycle rider make sure that you have a current BRC card or ARC training certificate. You will still be required to attend the ARC course before you can register your motorcycle in Sigonella. Training is required bi-annually while you are stationed in Europe.

Safety tracks all vehicle mishaps and occupational incidents and maintains statistical records to establish trends. Traffic is our number one focus since more employees and family members are injured or die of traffic-related mishaps than from any other cause. We strive to encourage safe driving and prevent accidents associated with speeding or alcohol abuse.

Safety also works to ensure what you do off the job is done in a safe manner. We coordinate and provide training to ensure all employees and dependents are aware of risks associated with various local sports and outside activities. We have many resources and can assist you personally or as a group to make your overseas experience as safe as possible.

### Contact Info:

PSC 812 Box 1713 • FPO AE 09627-3260

Location: NAS II Building 622

Hours: 0730-1600 Monday-Friday

DSN: 314-624-5630 • COMM: +39-095-86-5630

## Fire and Emergency Services

Naval Air Station (NAS) Sigonella Fire & Emergency Services (F&ES) is committed to protecting the lives and property of the NAS Sigonella community from the adverse effects of fires, hazardous conditions, and various other emergency situations. Additionally, we provide Aircraft Rescue and Firefighting (ARFF) coverage for a Category 4 airfield. The assigned firefighters perform at the Fire Fighter II, Hazardous Materials Operations, and Airport Firefighter levels. Firefighters respond to a variety of different incidents to include ARFF, structural fire operations, rescue operations, and hazardous materials response. All emergency operations are managed utilizing the National Incident Management System (NIMS). F&ES also provides



non-emergency services such as a fire prevention program, a training program, and community/public education programs.

F&ES operates from two fire stations servicing three separate geographical areas - NAS I (support site), NAS II (operations site), and Maranai (military housing site). Staffing for seven days a week, 24 hours a day, and 365 days a year consists of a combination of American civilians, Italian National civilians, and U.S. Military personnel. All personnel are certified to National Standards for firefighting, emergency vehicle operations, and command and control to ensure the highest level of protection is provided to the NAS Sigonella community. NAS Sigonella F&ES maintains a strong working relationship with the Italian "Vigili del Fuoco" firefighters and NATO partners on base.

## Emergency Management

The Emergency Management Department of Naval Air Station (NAS) Sigonella provides the community and installation with 911 emergency dispatch services, disaster preparedness training, CBRNE program management, and incident response and recovery coordination. The Emergency Operations Center is a key component in ensuring that your time at Sigonella is worry-free, and that Sigonella citizens are well prepared to handle any natural or manmade hazards that may impact the community. The Emergency Dispatch Center staff is standing by 24 hours a day, seven days a week, and 365 days a year to promptly dispatch NAS Sigonella fire, security, and medical emergency services to our community. Italian local nationals are among the Emergency Dispatch Center staff and can provide immediate assistance in translation. NAS Sigonella emergency medical services can be dispatched to within 30 minutes of NAS Sigonella, and the Emergency Dispatch staff will assist in coordinating local national medical response if you are further from base.

Sicily boasts a dazzling and unique landscape and climate, but this allure comes at an expense in the form of natural hazards. In addition to the ever looming Mt. Etna, NAS Sigonella rests atop the fault line of two tectonic plates, placing us at risk for a devastating earthquake. Furthermore, the installation is situated in a particularly low-lying area that can be threatened by flooding during the rainy fall, winter, and spring months. NAS Sigonella's Emergency Management Department reminds you to be aware of all threats: natural or manmade, and be prepared to act in case of an emergency.

The Emergency Operations Center and Dispatch Center are located in building 463 on NAS II, on the flight line. The Emergency Dispatch Center is also open for receiving non-emergency calls, such as reporting suspicious activity or public disturbances that would require assistance. We ask that you use rationality when determining emergencies. For emergency preparedness questions and information, contact the Community Preparedness Coordinator.

### **Community Preparedness Coordinator:**

Monday to Friday 0800-1600

DSN 624-6022/ COMM +39-095-86-6022

### **Emergency Dispatch Center (Emergencies):**

DSN 624-1911/COMM +39-095-86-1911

### **Emergency Dispatch Center (Non-Emergencies):**

DSN 624-5225/COMM +39-095-86-5225

## Security Department

The Naval Air Station (NAS) Sigonella Security Department is the largest Navy security operation in Europe. We are located in Building 606 on NAS II. Our mission is to provide physical security, anti/counter-terrorism, loss prevention, law enforcement, and crime prevention programs including administrative and clerical support services to the NAS Sigonella command and community. We are a full service, community oriented security police department, serving the entire Sigonella community and housing areas.

**Emergency Dispatch:** 314-624-5225/9051/9022

## Driving in Sicily

Upon arrival in Sigonella, you will notice that driving habits are considerably different from those in the U.S. While at first there may seem to be no logic to traffic patterns, a closer look will show that there are distinct rules of the road. Learning these rules and local driving customs will help you adjust quickly to driving in Sigonella. Because of the often congested roads and hurried pace of traffic, absolute alertness while driving is of the utmost importance. Despite the seemingly erratic driving nature of Sicilian traffic, it is important to exercise the same caution in driving here as you would in the U.S.

## Rules of the Road

The following are some basic rules that govern driving in Italy. While driving, you are required to have a valid driver's license with Italian translation, a Military Registration, Certificate of Title of Motor Vehicle, and proof of insurance. If any of these are lost or stolen, report it immediately.

Drunk driving is an extremely serious offense in Italy. In Italy, a blood alcohol level of 0.05 is positive proof of drunk driving. If you are under the age of 21 or have been a licensed driver for less than 3 years, the legal limit for alcohol in your system while driving in Italy is 0.00.

NAS Sigonella has ZERO tolerance for drinking and driving. A BAC of 0.05 and above onboard any NAS Sigonella installation will result in either administrative and/or non-judicial punishment (NJP). Refusal to submit to a breathalyzer/BAC test will also result in immediate loss of license for six months, a possible fine from Italian authorities, and loss of base driving privileges for one year. If you have had too much to drink, leave your vehicle and take a taxi, or call a supervisor.

Although some drivers may take what seem like unnecessary and dangerous chances to gain only a few feet of road space, Italian law requires you to allow overtaking traffic to pass.

Many intersections have no stoplights or traffic control. The vehicle on the right has the right-of-way, unless there is a stop sign.

Low beams are now required by law on main highways or darker roads. Headlights should always be turned on in tunnels. Flashing headlights are also used to alert an approaching vehicle of stopped traffic at crossroads, or to signal slower vehicles to move right and permit a faster

vehicle to pass. When a car behind you flashes its lights, move to the right lane as soon as it is safe to do so.

While horn blowing is technically illegal in many Italian cities, it is loosely enforced. Many people blow their horn to signal their approach at an intersection or their intent to pass. Drivers also commonly use their hazard lights to signal danger, especially during slow or stopped traffic.

Do not pick up hitchhikers.

## Traffic Tickets

During your tour you may receive a traffic ticket. The Italian police usually issue them on the spot, but your plate number could be taken down and a ticket will be mailed to you at a later date. If you receive one in the mail, do not ignore it.

If an Italian police officer in uniform along the side of the road steps your way waving what appears to be a lollipop stick (red circle on white disc), the officer is saying pull over, and you must do so.

If you are stopped, do not be disrespectful. If a communication gap exists and the officer writes you a ticket for a violation you cannot understand, accept it and bring it to the NAS Sigonella Security Department for clarification.

Most tickets can be paid on the spot. This is legal in Italy and not a bribe. If you elect to pay, the police officer will give you a receipt and the transaction is finalized. You'll hear nothing more about it, but keep the receipt.

For serious traffic violations, the ticket cannot be paid on the spot. These violations may result in a criminal charge. If you receive a notice of this nature, bring it to the

Naval Legal Service Office (NLSO) for advice and appropriate action.

## Vehicle Accidents

In the event you are involved in an accident, certain procedures must be followed. The steps to be taken will depend upon whether the accident is classified as minor (no injuries or deaths in either vehicle) or major (injury or death of a passenger in either vehicle).

### Minor accidents:

- Exchange license data, name and address, insurance company, policy number and vehicle tag numbers.
- Do not leave the scene until information is exchanged.
- Try to obtain names and addresses of witnesses.
- Report the incident to your insurance company within 48 hours.

It is necessary that all accidents be reported to the NAS Sigonella Security Department. In incidents involving vehicle damage to private, state, or municipal property (light poles, stop signs, building, etc.) notify Security immediately.

Generally, minor accidents are a matter between individuals and their insurance companies.

### Major accidents:

- Notify Security immediately and ask for help.
- Try to obtain names and addresses of witnesses.
- Remain on the scene, if able, until the Security police or Italian police has investigated the accident.



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## **BREAKDOWN SERVICE**

### **24 HOUR**

- **REPAIR SHOP • BODY SHOP**
- **CAR RENTALS**

**DUMP ROAD FROM NAS1 TO MISTERBIANCO**

**CATANIA**  
**VIA C. PISAGANE, 11/13**  
**TEL. 095-209027**  
**CELL. 348 8917284 - 348 8917279 - 348 8917278**

**ENGLISH SPOKEN**

**95045 MISTERBIANCO**  
**C.DA PONTE ROSA S.P. 12<sup>a</sup> S.N.**  
**TEL./FAX 095-463607**



- In both major and minor accidents, obey the Italian authorities. They have jurisdiction and can arrest you if you do not cooperate fully. Also, red plastic triangles are required by Italian law and should be put on the road to caution other drivers of an accident. These triangles are available at the NEX Autoport and in the local economy and are required to be carried in your vehicle at all times. Additionally, it is highly recommended to carry a reflective vest in your vehicle.

- If you are the driver of a vehicle involved in an accident that injures or kills another person, the investigating police, regardless of the ultimate determination of fault, may initiate criminal charges automatically. Prompt notification of your commanding officer and the Region Legal Service Office (RLSO) is important to protect your rights, and to obtain the services of an Italian attorney under contract to the U.S. government to represent you.

- In case of an accident, personnel having automobile liability insurance with an Italian firm are required to notify that company within 48 hours of the accident. Failure to notify the company within the time period can be justification for the company's refusal to accept liability.

## Pass and ID

The Naval Air Station (NAS) Sigonella Pass and ID office provides pass, identification, and access control services as directed by the Security Officer or delegated authority. Specifically, we provide rental car passes to U.S. and foreign military members and their dependents. We also provide fuel ration cards for permanent and TAD personnel and their dependents and have a computerized database to create and track all issued ration cards. We issue ramp badges and proximity cards for personnel assigned to the base and its tenant commands. We issue passes for local nationals that are contracted to work on the installation and act as the liaison between local contractors and the 41st Stormo. We issue ID cards to all visiting VIP guests from around the world who attend special events on base.

The Pass and ID office also processes all requests for visiting family members or guests of members stationed onboard NAS Sigonella. We manage access lists and control all access to temporary guests, contractors, and groups for special occasions on NAS I, NAS II, and housing areas. All newly reporting NAS Sigonella personnel need to check in for their vehicle passes and/or ramp badge. We are committed to providing excellent customer service in a timely and efficient manner.

### Office hours:

0800-1600 - Monday, Tuesday, Thursday and Friday  
0800-1300 - Wednesday

## Naval Criminal Investigative Service (NCIS)

Within the Department of the Navy, the Naval Criminal Investigative Service is the civilian federal law enforcement agency uniquely responsible for investigating felony crime, preventing terrorism, and protecting secrets for the Navy and Marine Corps. NCIS agents routinely work with local, state, federal, and foreign law enforcement and security agencies to address criminal incidents, identify and mitigate threats to U.S. Naval Forces and assets, and pursue joint proactive operations.

The Naval Criminal Investigative Service Resident

Agency (NCISRA) Sigonella, Sicily is a subordinate office of the Europe and Africa Field Office (EUFO), which is headquartered at U.S. Naval Support Activity Naples, Italy.

## Criminal Investigation Division (CID)

The Security Department's Criminal Investigation Division conducts criminal investigations of a nature not falling within NCIS purview. This dedicated and professional group conducts interviews, interrogations, searches, and seizures. They are skilled at processing crime scenes, surveillance detection, and assisting NCIS. CID also maintains the NAS Sigonella evidence vault and runs the lost and found program.

## K-9 Division

NAS Sigonella's Military Working Dog Kennel is an essential division within the Security Department. As the largest kennel facility in the Mediterranean, our K-9 teams provide vital security through explosive/narcotic detection and anti-terrorism/force protection measures. Good relations with the local community are fostered through patrol and detection demonstrations for Italian schools, while also educating American children with participation in multiple community events. Dog teams are also continuously deployed supporting missions in Afghanistan, Djibouti, and other various high-threat zones, while providing protection for dignitaries both locally and internationally.

## Force Protection

NAS Sigonella's Force Protection (FP) Division is responsible for the coordination and implementation of DoD and USN Force Protection policies and directives to prevent hostile actions against all military members family and civilians, resources, facilities, critical assets, and information. Some of the policies implemented are transparent to the rest of the community as most FP measures are conducted by the Security Department within the confines of the installation.

Although force protection is everyone's responsibility and the Security Department provides security for the installation, the robust FP policies implemented at NAS Sigonella involve all personnel from the various departments and tenant commands. The FP Division is the central point for coordination of implementation of base-wide measures to ensure uniformity and consistency. All hands involvement in FP measures conducted by departments and tenant commands include Random Antiterrorism Measures and Antiterrorism drills. This degree of involvement from all levels ensures that all personnel are well aware of the necessary actions to take to avoid becoming victims of terrorism.

DoD personnel and their family members are vulnerable to terrorist tactics especially while off base, and the FP Division is at the forefront in providing the necessary information and actions in order to prevent NAS Sigonella personnel from becoming victims of terrorism. Current information regarding threats in the area are disseminated through distribution of the Daily Travel Advisory. The FP Division also provides area-specific briefs for travelling, delivers the anti-terrorism Level I indoctrination brief for newly reported personnel, and conducts vulnerability assessments for off-base facilities used for gatherings.

# Legal Issues and Services

## You and the Law

Under the Status of Forces Agreement (SOFA) between the United States and the Republic of Italy, all U.S. military personnel, members of the civilian component, and their family members are subject to Italian law and come under Italian jurisdiction for most criminal offenses, unless the act was performed in the line of duty. This may include incidents occurring on military installations in Italy. As guests, we are obliged to comply with Italian law.

If you are called or summoned to appear before an Italian court in connection with any offense under Italian law, you must report the contact or summons as soon as possible to your Commanding Officer and to the Region Legal Service Office (RLSO) for assistance.

If you are apprehended by local law enforcement officials, the following rules should guide you:

- DO NOT try to resist arrest.
- Go with the Italian authorities willingly.
- Promptly provide Italian police officials your name, rate/rank, organization, Armed Forces ID card (military, civilian or family member) and/or passport, command point of contact and phone number.
- Politely request the presence of NAS Sigonella Security, a command representative, and/or U.S. government-provided attorney prior to making any statement. Decline to make any statement unless U.S. representatives are present.

Different officials are tasked with law enforcement in Italy. The ones you will see most commonly are:

**Polizia (police)** – There are different branches, such as “stradale” (road police) and “ferroviaria” (railway police). The Polizia perform all the usual duties as the U.S. police and usually wear green-gray or blue uniforms.

**Carabinieri** – This is a special corps of the Italian military, which acts both as military and civilian police. They usually wear blue or black uniforms and are recognizable by the white shoulder-belt across their chest.

**Guardia di Finanza (Finance Guard)** – Comparable to Coast Guard or border police, they wear gray or blue uniforms. Their main task is to control alcohol, cigarette, and drug smuggling. They are also in charge of customs, and they enforce tax payments in general.

Any law enforcement agent may perform his duty in civilian attire, in which case, it is sufficient for law enforcement to show an ID card.

Be aware that in Italy, public servants (such as train and bus conductors or drivers, postmen, firemen and even soccer referees) are considered public officials while performing their duty.

To strike or offend one bears the same penalty as striking or offending a policeman or any other public official. In Italy this is a very serious offense.

## Criminal Jurisdiction

The NATO Status of Forces Agreement (SOFA) recognizes the jurisdiction of the U.S. over its military personnel in the performance of their assigned duties. Under the SOFA, the U.S. may conduct courts-martial in Italy under the Uniform Code of Military Justice. The SOFA also recognizes the primary jurisdiction of the host nation (Italy) over criminal offenses that occur on the Italian territory. All military members, members of the civilian component, and their family members are subject to Italian jurisdiction for criminal offenses. The SOFA also spells out the rights to be accorded to military members, civilian or family members who are subjected to criminal trial in Italy, including the following:

- To be informed of the charges before trial
- As prompt and speedy a trial as is provided to the citizens of the host nation
- To compel the attendance of witnesses in his/her defense who are located in Italy
- To have the services of a competent interpreter



The Basilica Cattedrale is located in Elephant Square and is home to the city's patron saint, Sant'Agata. Photo by Jackie Trembath



- To communicate with a representative of the U.S. Government
- To have a U.S. Government representative present at the trial

The Region Legal Service Office (RLSO) is responsible for monitoring and reporting all criminal trials in southern Italy involving U.S. personnel. The RLSO may provide an Italian attorney free of charge for the defense of a military member, civilian component member, or family member being prosecuted in the Italian criminal courts. Prompt notification to the RLSO is essential when an arrest has occurred.

## Claims and the Protection of Personal Property

The Military Personnel and Civilian Employee's Claims Act (Personnel Claims Act - PCA) is a federal statute that authorizes payment of claims filed by military personnel and DoD civilian employees for property losses occurring at places of assigned duty or in assigned quarters. Economy housing is considered to be assigned quarters. Claims are generally payable when property is damaged or lost due to natural disasters, vandalism, or theft, provided the claimant did not contribute to the loss through their own negligence. Moreover, claims are also payable for damages or losses to household goods while such goods are shipped from prior duty stations to Sigonella. On the other hand, claims are not payable if the claimant is an ordinary resident of Italy.

The Region Legal Service Office (RLSO) provides specific guidance to DON personnel who want to file a claim with the Government for damage or loss sustained to the personal property incident to service and caused by fire, flood, theft, vandalism, natural disaster, or other unusual occurrence. The claimant should file the claim at the Personnel Claims Unit (PCU) located in Norfolk, Virginia within two years from the date the claim accrues. RLSO also provides specific guidance to DON personnel who are required to file their household goods claims (HHG) directly with a Transportation Service Provider (TSP) and who desire to transfer all or a portion of that claim to the Military Claims Office (MCO). Your MCO is the Personnel Claims Unit (PCU) located in Norfolk, Virginia (non-Navy personnel can access the link to their respective MCO from [www.move.mil](http://www.move.mil)). RLSO can provide claim packages together with information on how to file the PCA claims. The claim packages can also be located at [www.jag.navy.mil](http://www.jag.navy.mil) (select "Claims" on the screen).

Please remember that there are three deadlines that cannot be missed when filing HHG:

- 75 days from delivery: loss or damage to an item must be reported to the TSP within 75 days from the date of delivery.
- Nine months from delivery: the claim must be submitted to the TSP within 9 months after the date of delivery, in order to qualify for the full replacement value (FRV) of lost or destroyed items.
- Two years from delivery: the claim must be submitted to the TSP or PCU within 2 years from the date of delivery

Personnel are advised to complete a comprehensive review of their personal property and to secure adequate insurance. DoD claims processors use depreciated value of stolen or damaged property to calculate the claims paid.

Depending on the value of items, many choose to insure their property with replacement value policies. If their valuables are stolen, the insurance policy will pay the amount to repurchase those items.

If a claimant purchases private insurance, the claimant must first file with their insurance company prior to filing with PCU. While claimants should promptly file claims to avoid missing the two-year statutory filing deadline, final adjudication must await the receipt of the insurance company payment data.

The adjudication of a claim under the act requires a number of steps. For more information, contact RLSO at DSN: 624-6327/5258

## Drugs and Alcohol

Drug and alcohol laws are different in Italy than in the United States. Under the NATO Status of Forces Agreement (SOFA) military members, civilian employees, and family members are subject to Italian drug and alcohol laws. While the drinking age in Italian society may be more lenient, the penalties for drunk and disorderly conduct or DUI are not. Drunk driving is a serious offense under Italian law. Italian law prohibits driving with a blood alcohol level of .05. Individuals who are caught driving with blood alcohol levels over .05 face a variety of administrative consequences, including the loss of their driving privileges and ability to purchase gas coupons. This is in addition to possible action under the UCMJ.

## Marriage

U.S. Armed Forces personnel wishing to marry while stationed in Italy must contact base administration to apply for permission. The Region Legal Service Office will assist service members who wish to marry while stationed in Italy, where the local Italian laws and customs are in force.

## Legal Assistance

A legal assistance appointment is a dedicated, personal consultation with an attorney. This service is provided BY APPOINTMENT ONLY at the Region Legal Service Office (RLSO) and is available to active duty service members,

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Via Enrico Toti, 9 - Motta S. Anastasia (CT)  
Tel. 095.308639  
Cell. 339.6502283 • 377.6816369  
[agostina.newplace@katamail.com](mailto:agostina.newplace@katamail.com)

their dependents, designated state-side hire civilian employees stationed overseas, retirees, and activated reservists. To schedule a legal assistance appointment, please call the RLSO at DSN: 624-2953/5258. Priority for services is provided to deploying units. Legal assistance appointments with a Navy JAG Officer are available Monday through Thursday at the RLSO Legal Office, building 564 on NAS II.

Generally, legal assistance appointments are appropriate for the following issues: family law (such as divorce, paternity, child support, child custody); estate law and planning (wills); consumer law, creditor/debtor issues; tort law; immigration law; military benefits; and deployment readiness (health care powers of attorney and durable springing powers of attorney). Additionally, for legal assistance matters that fall under Italian jurisdiction (such as a lawsuit due to an off-base traffic accident), please call to make an appointment with a local national attorney – this consultation is at the RLSO Office, but is by appointment only and based on the availability of the Italian attorney.

It is RLSO policy that NO legal advice will be given over the telephone or through third parties calling on behalf of perspective/current clients.

Child care services are not provided, so please make alternative arrangements prior to the date of your appointment (if alternative arrangements cannot be made, please advise the front desk and your appointment may be rescheduled).

Legal Assistance appointments may also be conducted via remote services. If an attorney is unavailable or unable to assist you, the RLSO will connect you with a legal assistance attorney at another office within the Area of Responsibility. You must use the RLSO spaces for your first remote appointment.

## Walk-in Services

The RLSO provides several walk-in services at its front desk. Walk-in services do not require an appointment.

Walk-in services are available from 0830 to 1600,

Monday through Friday. Generally, these services include: powers of attorney, notary services, affidavits, and basic immigration information (i.e. green card, naturalization). The legal office cannot certify copies of documents that were not produced by the legal office.

A power of attorney may be necessary, especially if a service member will be absent from home for extended periods of time. A power of attorney may be tailored and limited to accommodate particular individual needs.

There are two types of powers of attorneys: general and special. General powers of attorney are powerful documents and are no longer issued unless there are extraordinary circumstances. The legal office does not recommend getting a general power of attorney as they are not widely accepted. In most cases, a special power of attorney can be drafted that will protect the service member, and authorize the holder to complete all transactions listed.

## Volunteer Income Tax Assistance Center (VITA)

The VITA program was established to support NAS Sigonella personnel eligible for legal assistance services with preparing and filing their federal income tax returns. The Tax Center is operated by the Region Legal Service Office with IRS trained and certified volunteers from the community through the use of free online filing, though members of certain pay grades may be eligible for more in-depth assistance. The Tax Center operates during tax filing season on both NAS I and NAS II. If you require additional information, or are interested in volunteering at the VITA office, please contact the RLSO at DSN: 624-2953/5258.

## Defense Service Office (DSO)

The Defense Service Office (DSO) offers a variety of defense services, including representation at Special and General Courts-martial and administrative separation boards. The DSO also provides advice to individual service members who are the subject of an investigation, referred to Captain's Mast, would like to file a grievance against their command, and have other concerns relating to administrative or disciplinary proceedings against them. These services are available to Department of Defense active duty and reserve personnel, whenever required by law or regulation and authorized by the Judge Advocate General.

The DSO does not have an office onboard NAS Sigonella, but individuals may schedule an appointment to talk to an attorney telephonically by contacting the Region Legal Service Office at DSN: 624-2953/5258. As the alternative, individuals may contact DSO North Detachment Naples directly at DSN 626-3131 to schedule an appointment.

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# Base Services

## Hospital

The Status of Forces Agreement (SOFA) permits the U.S. Naval Hospital to provide medical care to U.S. military personnel both active duty and retired, their bona fide family members, and other specified U.S. personnel who are present in Sicily, Italy by virtue of their support of NATO organizations.

## Medical Treatment

Patients with medical problems that exceed Naval Hospital capabilities must be transferred either to local community healthcare services or other military treatment facilities in Europe or CONUS via the military medical evacuation system.

**Primary Care Clinic:** Urgent care appointments may be by calling for a same-day or next-day appointment. Routine appointments may be scheduled as necessary. Call

DSN 624-2273 or local commercial 095-56-2273 - Monday through Friday from 7:30 a.m. until 4 p.m.

### **Emergency Care/Ambulance Request:**

Emergency care is available in the Emergency Department 24 hours a day, seven days a week. The non-emergency Emergency Department phone numbers are: DSN 624-3844 or local commercial 095-56-3844. The ambulance request line is DSN 624-1911/5255 or local commercial 095-86-1911/5255. The ambulance dispatcher will determine the most appropriate medical response team and have either an American or Italian rescue crew dispatched to your location.

**Medical Power of Attorney:** Minor children not accompanied by a parent or legal guardian cannot receive care unless a special power of attorney has been obtained from Naval Legal Services Office and is present in the child's medical record.

*Questions concerning medical care should be directed to:*

U.S. Naval Hospital,  
PSC 836 Box 2670 • FPO AE 09636-2670



The Navy Exchange Mini-Mart offers a wide selection of convenience items, magazines, games, and supplies located on NAS 2. Photo by MC2 Ramon Go





**U.S. Naval Hospital (USNH) Sigonella is located on NAS 1, near the Navy Exchange. USNH Sigonella maximizes force health protection while promoting health and providing high-quality patient and family-centered care. Photo by MC2 Ramon Go**

#### Important Phone Numbers

Central Appointments - DSN 624-CARE (2273)/ Comm. 095-56-CARE (2273)  
 Emergency Department - DSN 624-3844  
 Emergency Department - Comm. 095-56-3844  
 Ambulance request line - DSN 624-1911/5255 or Comm. 095-86-1911/5255  
 Patient Administration - DSN 624-4842/Comm. 095-56-4842  
 Dental Clinic- DSN 624-4205/ 3848

## Tricare Europe

TRICARE Europe offers beneficiaries two options in the TRICARE system. TRICARE Select is your standard benefit and will always be available.

TRICARE Prime is an enrollment plan for your healthcare. All active duty members are required to enroll in TRICARE Prime. By enrolling in TRICARE Prime you will be assigned a Primary Care Manager (PCM) who is responsible for your healthcare needs. Enrolling in TRICARE Prime costs you nothing. If you need to use a provider in the local community (for a covered benefit) you will not incur a cost share or deductible that is incurred under the Select TRICARE plan.

Your PCM will be a military provider located at U.S. Naval Hospital Sigonella (located on NAS I) or the Flight Line Clinic (located on NAS II). If you need specialty care that cannot be provided at the Naval Hospital, you may be referred to our provider network in the local community. All network providers meet our credential standards. Most have signed a contract with International SOS and most speak English. We provide transportation and translation services to the network provider appointments.

For more information about TRICARE please contact the Referral Management Center at the U.S. Naval Hospital Sigonella by calling DSN 624-4848 or commercial 095-56-4848.

## Dental Care

Naval Hospital Sigonella offers routine and specialty dental care to eligible beneficiaries. It is important that prior to reporting to Sigonella, individuals complete the dental portion of their overseas screening, documenting good dental health without the need for follow-on care. At Naval Hospital Sigonella, the highest priority for dental treatment is given to active duty personnel and their family members. Retirees, DoD civilians, and NATO personnel with their respective family members will be treated on a space-available basis.

Prosthodontics and Orthodontics are limited in their availability. Prosthodontics is limited by the demand of active duty personnel, who have first priority. Orthodontic care is provided on a limited, space-available basis for active duty personnel and their dependents only. Military retirees, DoD civilians, NATO personnel and their respective family members are not eligible for Orthodontic care, even if initiated prior to receipt of their job assignment to Sigonella. Appointments may be made by calling the dental clinic directly at DSN 624-4205/3848.

## Nurse Advice Line

The Military Health System (MHS) has improved the Nurse Advice Line (NAL). Contact the NAL 24/7 to ask urgent care questions, get health care advice, schedule appointments, and access a secure summary of your care.

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- MAXILLOFACIAL SURGERY AND ORAL SURGERY
- SURGERY OF THE HAND

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**GPS Coordinates: 37°31'49.21" N - 15°06'30.38" E**

**ROME: Via Agrigento, 17**

**For Appointments Call Tel. 095-712-6972 - Cell. 333-220-1048**

**Website: [www.marcellomarchi.com](http://www.marcellomarchi.com) - Email: [plasticsurg@tiscali.it](mailto:plasticsurg@tiscali.it)**



The DECA Commissary provides service members, families, and civilians with everyday items from fresh fruit and vegetables to cleaning supplies. Approximately 10,200 line items are stocked to serve the needs of the NAS Sigonella community. Photo by MC2 Christopher Gordon

Overseas, visit **MHSNurseAdviceLine.com** to get country specific numbers, web chat, or video teleconference with a registered nurse. The NAL is not for emergencies. If you have an emergency and need medical dispatch, call DSN 624-1911/5255 or Comm. 095-86-1911/5255.

## Navy Exchange Sigonella—NAS I

The main Navy Exchange (NEX) complex offers clothing for the entire family, shoes, jewelry, sporting goods, luggage, housewares, giftware, cosmetics, furniture, outdoor living, health and beauty products, beverages, snacks, books, greeting cards, souvenirs, and much more. The Sight and Sound department carries an assortment of Apple Computers, iPads and iPods, video games and consoles, computer accessories, software and games, DSLR and digital cameras, assorted brand laptops and desktop computers, netbooks, tablets, GPS devices, and a broad selection of audio including Bose.

The Uniform Center is located inside the Main Store and carries government issue and commercial uniform items. The Tailor Shop is also located with the Uniform Shop.



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MON, WED. & FRI. 0400 PM - 0900 PM

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For emergency: 333-8639-660

Outside the store on the walkway are the following: Exchange New Car Sales, barber shop, optical shop, beauty salon, business center, flower Shop w/ FTD service, laundry/dry cleaning, pack-n-wrap, and 24/7 laundromat. Also included in the NEX complex is a food court that features Subway, Burger King, Taco Bell, and Cafe Italia Italian Café, as well as a Vodaphone wireless center for your cellular phone needs.

The Customer Service Department is located at the front of the store and provides the following services: Euro currency exchange, gas and oil coupons, Western Union, special orders, and Military Star Card payments/sign-up. Customers can also pay their Telecom (phone) and ENEL (Electricity) bills for off-base residents as well as register for home layaway, purchase school

lunch credit, sign up for Telepass (road tolls/fast pass) and much more.

On the second floor of the Main Exchange is the Quality of Life office, where patrons can sign up for internet in unaccompanied housing and Marinal Housing. The NEX also offers off-base internet service in the same office.

The Navy Exchanges in Europe are very unique. We offer a variety of local and European items, which are purchased locally through our European buying office. Locally purchased items are mostly found in giftware, jewelry, handbags, wine, beer, food, candy, appliances, and some electronics. Look for vendors such as: Antica Murrina, Alviero Martini, Caleca, Giannotti, Mele, Sorrento, Tommasi, Barolo, Principe di Corleone, Condorelli, and more.

### NEX store hours:

Saturday/Sunday 1000-1800

Monday-Friday 1000 - 1900

## Navy Lodge

The Sigonella Navy Lodge has 52 beautiful rooms available for reservations and is located on NAS I. Rooms are

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oversize American-style with kitchenettes and private baths. Pet friendly rooms are also available. Please call ahead to reserve your room now or reservations can be made on-line at [www.navy-lodge.com](http://www.navy-lodge.com). Call toll free worldwide: US 1-800-NAVY INN; DSN 942-5173; DSN 624-4082.

## Mini-Mart—NAS II

The Mini-Mart offers items of convenience such as beverages, tobacco products, food items, candy, snacks, health and beauty aids, stationary, CD's and DVD's, sporting goods, books, and magazines. Utilize our red phone for toll-free calls to our uniform support center for special order items. For more information, call DSN 624-5895. Mini-Mart store hours are Monday-Saturday 0645-2100 and Sunday 0900-2000.

The NEX Depot is located inside the NAS II Mini Mart. This unique retail area carries a large assortment of stationary, household, hardware, and various command themed items for purchase by both commands as supplies, as well as all authorized patrons.

Other services offered at NAS II include: Barber Shop, Geico Insurance office, and Exchange New Car Sales.

## On Base Eateries

### NAS I

#### NEX Food Court

Subway  
Burger King  
Caffè Italia  
Taco Bell  
Mid-Town – Piazza Pizza/Chock Full of Nuts Cafe  
Buon Java Coffee Bar at the USNH Sigonella

### NAS II

Subway  
Chock Full o'Nuts Air Terminal  
Big Al's Restaurant  
Ristorante Bella Etna (All-Hands Galley)  
Navy Exchange Retired Employees Association (NEREA)  
Membership applications are available at the NEX Human Resource office for interested personnel. Call 624-4276 for details.

#### Important Telephone Numbers:

Main Store Customer Service:	624-4363
Flower Shop:	624-4384
Beauty Salon:	624-4234
Barber Shop/NAS I:	624-3770
Vodafone NAS II	624-4493
Mini-Mart at NAS II:	624-5423
Uniform Center at NAS II:	624-5895
NEX Depot:	624-5791
NEX HR Office:	624-4276
Navy Lodge Front Desk:	624-4082
Autoport Service Desk:	624-2814
Europcar Car Rental:	624-5468
General Manager:	624-4379
On-Line Customer Feedback at <a href="http://www.mynavyexchange.com">www.mynavyexchange.com</a>	



Located on NAS 1, the Navy Lodge offers Wi-Fi, breakfast-to-go, pet-friendly rooms, safety deposit boxes, 24-hour front desk assistance, and more. Photo by MC2 Ramon Go

## NEX Employment Prospects

The Navy Exchange is a large employer in the Sigonella community with locations located on both bases. Employment opportunities are primarily found in retail sales, but also include administrative, loss prevention/safety, manual, and skilled labor positions. Job openings include full-time, part-time and flexible employment. Family members of active duty military personnel and DoD civilians have priority in hiring. Flexible and part-time employment is also available for off-duty enlisted personnel. The NEX has a good benefits and a retirement program that you can build on as you work at any NEX worldwide.

You may place your job application with the NEX at anytime, even if a position is not available immediately. Applications are always welcome for entry-level positions, which are filled through an open register. Experience is preferred, but not required, and on-the-job training is provided for entry-level positions. Job announcements are posted in the NEX HR office located in the Main Store and on our [www.mynavyexchange.com](http://www.mynavyexchange.com) website located under "Work for us".





The Navy Exchange is a great employer for those spouses who want to maintain a career path as they PCS from base to base throughout the world. We offer a continuity program for military family members. Every time a military family member is preparing to relocate, our human resources group begins an employment search as soon as we are notified of the next duty station. Participants in this program receive priority placement for one year for qualifying positions.

## Sigonella Commissary

We provide Superior Customer Service, Every Customer, Every time!

### Decorated Cakes

Cakes can be special ordered. All cakes, with the exception of the big events cake require a 48 hour notice prior to delivery. Big event cakes require one week notice.

### Having a Party?

We offer Deli (meat or cheese trays), fruit or veggie trays made to order. See the Produce or Deli/Bakery Department. We request 48 hour notice.

### Meat

We also have special cuts of meat available such as:



**Chock Full O' Nuts is a café that serves coffee and breakfast pastries, along with lunch items. It's located on NAS 2 by the Air Terminal. Photo by MC2 Brian Glunt**

Crown (Pork) Roast, Whole Skinless Ham, Whole Beef Tenderloin, and Whole Beef Rib, Roast, Whole Beef Round Top, Whole Piglet, and more. Just stop by or call one of the managers and we will special order for you. We request 10 days' notice.

**Chock full o' Nuts**  
NEW YORK'S COFFEE SINCE 1932

**Chock full o' Nuts Café**

**Hours of Operation**  
Mon. to Sat. : 6:30 a.m. to 9:30 p.m.  
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NAS I - Midtown complex

**Hot & Iced Beverages**  
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**Breakfast Sandwiches**

**Hours of Operation**  
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**The Flight Line Clinic provides check-ups and other medical services located on NAS 2, near the NEX Mini-Mart.**  
*Photo by MC1 Tony Curtis*

#### Food safety

Due to the extreme warm weather here in Sicily, it is recommended that all refrigerated products be transported home in an ice cooler to maintain its proper temperature. Once home, produce must be placed immediately in your refrigerator or freezer to maintain quality, freshness and shelf life. Any refrigerated product left out of its proper recommended temperature will deteriorate at a rapid pace.

Disabled patrons may begin shopping 30 minutes prior to normal commissary hours.

#### Store Hours

Sunday .....	10:00-18:00
Monday .....	Closed
Tuesday .....	10:00-19:00
Wednesday .....	10:00-19:00
Thursday .....	10:00-19:00
Friday .....	10:00-19:00
Saturday .....	09:00-19:00
Early bird	
Tuesday to Friday .....	08:00-10:00

## Personnel Support Detachment Sigonella

Personnel Support Detachment (PSD) Sigonella offers pay and personnel services, Educational Services (ESO), Official Passport, and Passenger Transportation requests to more than 30 tenant commands onboard and in support of Naval Air Station Sigonella.

PSD Sigonella is located onboard NAS II, directly across from the AMC terminal. The PSD Sigonella satellite office (PSD Annex) is located onboard NAS I, next to the Post Office and across from Community Bank.

PSD Annex provides limited ESO services such as admini-

stration of the Defense Language Aptitude Battery Test, Armed Forces Classification Test, ASVAB Test, Defense Language Proficiency Test, Aviation Selection Battery Test, and the Officer Aptitude Rating Test.

Additionally, PSD maintains DEERS/RAPIDS for the issuance of ID card and Common Access Cards (CAC) services to all uniformed active duty, reserve, GS employee, and contractor personnel and their dependents throughout the southern Italian region. Appointments for DEERS/RAPIDS, ID Card/CAC may be made at: <https://rapidsappointments.dmdc.osd.mil/appointment/default.aspx>.

PSD Sigonella Customer Service hours are:

Mon, Tue, Thur, Fri : 0800 - 1600

Wed: 0800 - 1200

Sat & Sun - Closed

For more information concerning PSD Sigonella or to receive your Command Pay and Personnel Administrator's (CPPA's) information, please call 624-5651; COMM: 011-39-095-56-5651 / DSN: 314-624-5651 or contact the PSD Sigonella Command Duty Officer at +39-335-642-8274.

## Civilian Human Resources Office

**Employment:** Naval Air Station (NAS) Sigonella hosts a variety of DoD commands and activities that employ U.S. civilians and sponsored civilian/military family members. The U.S. civilian component positions are located in both Appropriated Fund (AF) and Non-Appropriated Fund (NAF) organizations. The Civilian Human Resources (CHR) office provides HR services including recruitment to fill local, U.S. appropriated fund positions. The most fre-



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quently available local positions in the General Schedule (GS) pay system include Office Automation, Administrative Assistant, Child Development Assistant, Education and Training Technician, Recreation Assistant, Training Instructor, and similar positions. The number of civilian positions available to U.S. family members in Sigonella is limited and significantly lower than the number available in the continental U. S. (CONUS).

Eligible civilian and military family members interested in AF positions (GS) may apply by submitting a resume for positions announced locally. Each personnel office (i.e. CHR, MWR, NEX) requires various forms and documents when applying. Such information can be found in individual vacancy announcements. Regarding positions announced by CHR, prior to arrival overseas, family members who are permanent, AF employees who intend to immediately seek employment upon arrival in Sigonella should contact their current personnel office to determine if s/he can be granted a period of leave without pay (LWOP) at the time of their PCS departure. A copy of the latest Standard Form 50 (SF-50) to establish status as a current or former federal employee is required when applying for a federal position. If one is not a current federal employee, the Fleet and Family Support Center (FFSC) offers a class on how to apply for federal (i.e. GS), NEX and MWR positions. The FFSC also offers individual counseling on resume writing, interviewing skills, and job referral procedures.

Although there is no opportunity for employment of a U.S. family member on the Italian economy, employment opportunities are available with other on-base establish-

ments that provide services to U.S. forces like the NEX and MWR. Specific applications are required for NEX and MWR non-appropriated fund positions. Both the NEX and MWR advertise their specific vacancies separate from the CHR office. Application for NAF positions can be accomplished upon arrival. There are several nonprofit organizations on base that also occasionally advertise vacancies (e.g. USO, Navy-Marine Corps Relief Society, Red Cross, etc.)

The North Atlantic Treaty Organization (NATO) Status of Forces Agreement (SOFA) precludes any person who is either an Italian citizen or "ordinarily resident" in Italy from being hired into the U.S. civilian component. An "ordinarily resident" individual is a non-Italian citizen who has made Italy his/her permanent place of residence and remained in Italy six months without becoming a member of the component force in Italy. Conversely, applicable statutes preclude U.S. citizens from being hired into local national positions. If an individual holds Italian citizenship, he or she is precluded from employment as a U.S. civilian, regardless of whether or not the individual is also a U.S. citizen. In order to work with the U.S. Forces in Sigonella in a position designated for citizens of Italy and other European Union (EU) countries, the applicant must be a citizen of Italy or another EU country. Applicants holding dual citizenship of the United States of America and Italy are not eligible for employment. For spouses who are not U.S. or EU citizens, it is extremely difficult to find employment. Also, regardless of citizenship, most family members of contract employees are not eligible for federal appointment.

Depending on availability of funds, summer jobs may be announced under the Dependent Youth Employment

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NAS I

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Tue.-Fri. 10:00 am to 6:30 pm

Sat. and Sun. 10:00 am to 5:30 pm

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MARINAI RESIDENCE

Tel. 095 5183 310

Tue.- Saturday  
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NAS II

DSN: 624-5951 • COMM: 095-86-5951

Mon.-Fri. 7:00 am to 5:00 pm

Sat. and Sun. 9:00 am to 1:00 pm





Program. Each student applicant must have a Social Security Number which should be applied for while in the U.S. In addition, each student must have his/her own bank account so that salary payments can be deposited directly. The eligibility rules applicable to regular employment apply to this program as well.

Preference procedures apply to federal employment at NAS Sigonella, including the NEX and MWR. For example, Veteran's preference regulations require selection of a qualified veteran with the applicable preference (i.e. military spouse or family member) ahead of an applicant without such preference. DoD also has a Military Spouse Preference (MSP) Program and Family Member Preference Program. Under the MSP program, best qualified military spouses are referred before family members (defined as spouses of federal employees, military spouses who do not have spouse preference and family members of civilian and military members).

U.S. family members who are employed overseas in federal positions will be appointed under a Schedule "A" appointment. This is a dependent hire authority provided specifically for the employment of family members residing with their military or civilian sponsor stationed in a foreign area. Depending on the position and length of employment, family members may be eligible for a non-competitive appointment in the competitive service upon return to CONUS. It is important to note that it is DoD/DON policy to limit civilian employment to five years in foreign areas. Employees who are dependents of military or civilian personnel stationed in the overseas area are exempt from such limitation. However, the length of appointment is tied to the sponsor's tour of duty and date of departure. Appointments may not be extended longer than the transfer from the area or the separation of the appointee's sponsor, or beyond the time the employee ceases to be a family member.

Finally, in addition to the requisites indicated above, U.S. employees and U.S. citizen family members assigned to Sigonella must have an official passport and visa for entry into Italy, regardless of dependent or employment status. It is important to note that U.S. citizens must satisfy the requirement of being considered "a member of the civilian component" as defined in the NATO Status of Forces Agreement (SOFA). To meet this requirement, one must have been selected from the United States for assignment to a U.S. Government position in Italy, have travel orders, an official passport, a visa issued from the Government of Italy for "missione" purposes, and be issued a sojourner's permit upon arrival. Dependent family members who accompany their sponsor (civilian or military) must provide a copy of their official passport, "missione" visa, sponsor's travel orders, and sojourner's permit for employment. Tourists are not eligible for employment with the U.S. Forces in Sigonella, Italy.

If you are preparing to relocate to an overseas duty location or are already living overseas, you only need to visit [www.USAJOBS.gov](http://www.USAJOBS.gov) to find information on overseas employment opportunities. As the Federal Government's official one-stop source for federal jobs and employment information, USAJOBS helps appli-

cants conduct searches and apply for positions through a single, automated method. Applicants are strongly encouraged to store their appointment and preference documents in USAJOBS **prior** to relocating overseas so they will be readily available should they wish to apply for a job during transit. Further information concerning the Civilian Human Resources office can be accessed at the following website: [http:// www.cnic.navy.mil/regions/cnreurafrswa/installations/nas\\_sigonella.html](http://www.cnic.navy.mil/regions/cnreurafrswa/installations/nas_sigonella.html).

## Newspapers, Radio, TV, and Web

### The Signature

The weekly base newspaper, *The Signature*, is produced by the NAS Sigonella Public Affairs Office, and is distributed every Friday at many locations throughout the base and local community. The paper contains local news, Italian cultural activities, local community events, movie schedules for the base theater, travel features, and Navy news. The paper can also be found on the NAS Sigonella website as well as on NAS Sigonella's Facebook page.

The editorial office is located in Building 618 on NAS II and the staff can be reached at Commercial: 095-86-5440 – DSN 624-5440, or [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil).

In addition to putting *The Signature* together, the Public Affairs Office also has an active social media program. Check us out at the following locations:

[www.facebook.com/nassigonella](http://www.facebook.com/nassigonella)

[www.issuu.com/nas\\_sigonella](http://www.issuu.com/nas_sigonella)

### American Forces Network Sigonella

AFN Sigonella is located in the 1st floor of Building 212 on NAS I, under the tall radio tower east of the main entrance. AFN Sigonella is an affiliate of AFN Naples, headquartered in Naples, Italy. AFN Sigonella receives the majority of its programming from the American Forces Network Broadcast Center (AFN BC) in California. The AFN BC is the sole programming source for military radio and television outlets overseas. These outlets serve American servicemen and women, Department of Defense

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(DoD) civilians, and their families stationed in more than 177 countries around the world where English language broadcast service is unavailable or inadequate.

The AFN BC is responsible for reflecting an accurate cross section of what is widely available to stateside audiences of the American radio and television industry. Programs are uplinked from the AFN Broadcast Center to a series of satellites and delivered worldwide via a secure transmission path using digital compression technology. This global radio and television network service is called AFN, the American Forces Network.

The following channels are broadcast: AFN Prime-Atlantic, AFN Prime-Pacific, AFN Pulse, AFN Movie, AFN Family, AFN News, AFN Sports, AFN Sports2, AFN Spectrum, and the Preview Channel.

AFN Sigonella provides 8 hours of local radio weekdays on 105.9 FM. You can also stream it live on AFN360-Sigonella, either on the AFN Europe website, or on the AFN Europe mobile app.

Live shows run from 600 to 1000 and from 1400 to 1800 Monday through Friday; midday programming is provided live from AFN Naples. You'll find a wealth of command information via Radio News, readers, and live interviews while listening to today's hit music. During non-live times, AFN Sigonella broadcasts network programming from Germany, along with popular music, news, and local commercials. The AFN Sigonella Facebook page is a local news center where we share important Sigonella news from a variety of sources. If you have an idea for a news story or "commercial," or need to publicize an event, simply call us and let us know!

The most expeditious way to solve television decoder problems, or get answers to technical questions is to call our helpdesk technologists, on duty 24/7 at the Broadcast Center in California, at DSN 312-348-1339 or commercial at 951-413-2339. Or you can e-mail them at sathelpd-ma@mail.mil. In either case, you will need to provide your decoder TID and UA number (which can be found on the back panel of your decoder).

#### AFN Points of Contact:

Station Manager: .....624-4071 (Comm: 095-56-4071)

Production: .....624-3971

On-air DJ: .....624-3895

#### Websites and Resources:

Website: <http://www.AFNEurope.net/Stations/Sigonella.aspx>

Facebook: <https://www.facebook.com/afnsigonella>



Tune in to AFN's 105.9 "The Eagle" with your favorite on-air DJs for music and current events. Photo by MC3 Matthew Young

AFN360-Sigonella: [http://afn360.afneurope.net/AudioPlayer.html#AFNE\\_SIG](http://afn360.afneurope.net/AudioPlayer.html#AFNE_SIG)  
[www.AFNEurope.net](http://www.AFNEurope.net)  
 AFN Europe Mobile App

## Navy College Office

Sailors and their family members seeking a college degree will find both undergraduate and graduate programs available in Sigonella. Three regionally accredited institutions offer degrees and certificates under the terms of the Tri-Services Academic Contract: Central Texas College (CTC), Embry-Riddle Aeronautical University (ERAU), and University of Maryland University College (UMUC).

CTC offers face-to-face Associate of Applied Science degrees in Criminal Justice, Child Development, Fire Protection, Automotive Mechanic/Technician, Homeland Security and Emergency Management, and Hospitality Management in addition to a number of other online degrees. CTC also offers non-credit, conversational Gateway to Italian courses ranging from beginner to expert levels.



**Central Texas College Contact Info:**

DSN: 624-4306 • COMM: 095-564306

[signonella@europe.ctcd.edu](mailto:signonella@europe.ctcd.edu)[www.facebook.com/CTC.Signonella](http://www.facebook.com/CTC.Signonella)

UMUC offers a great variety of face-to-face and online classes that can be applied towards an associate degree in accounting, business and management, computer studies, general curriculum, Italian studies, and management studies. UMUC also offers undergraduate as well as graduate certificates to help set you apart from the crowd. Two popular programs include the award-winning cybersecurity bachelor's and master's degrees that prepare students for in-demand careers, and the Master of Business Administration (MBA) degree. Introductory courses such as PRO 600 Communicating, Problem Solving, and Leading in Professional Fields are available to help students get on the right track for an MBA by refining leadership and critical thinking skills.

**University of Maryland University College Contact Info:**

DSN: 624-4492 • COMM: 095-564492

[signonella-europe@umuc.edu](mailto:signonella-europe@umuc.edu)[www.facebook.com/UMUCEuropeSignonella](http://www.facebook.com/UMUCEuropeSignonella)

ERAU offers associate and bachelor degree programs in Aeronautics, Technical Management, Aviation Maintenance, Business Administration in Aviation, and bachelors of science degrees in Aviation Security and Unmanned System Applications. ERAU also offers Master degree programs in Aeronautical Science, Unmanned Systems, Human Factors, and one certificate program in Aviation Maintenance Technology Part 65.

**Embry-Riddle Aeronautical University Contact Info:**

DSN: 624-4550 • COMM: 095-564550

[signonella@erau.edu](mailto:signonella@erau.edu)<https://worldwide.erau.edu/locations/signonella/>

Through the Navy College Office, military personnel, civilians and their family members are able to pursue vocational certificates and associate, bachelor's or master's degrees. Navy College is available to assist all clients in developing and executing their education plans through one of the on-base education providers or through one of the many colleges and universities offering online programs. A counselor can assist in evaluating military service experience and training for college credit and can recommend college level testing programs, as appropriate. In addition, Navy College has information on tuition assistance programs for active duty personnel, Military Spouse Career Advancement Account (MyCAA) for military spouses, federal financial aid programs, veteran's education benefits, and many scholarship programs. SAT and ACT exams are also offered to military personnel.

The UMUC Sigonella National Test Center (NTC) offers on-site testing services that include College Level Examination Program (CLEP), DANTES Subject Standardized Tests (DSST), and Pearson VUE online examinations and certifications. Passing tests for non-traditional credits can expedite earning your degree. These computer-based examinations are DANTES-funded for active duty military members and eligible civilian employees. Contact DSN:624-4116, [ntcsigonella-europe@umuc.edu](mailto:ntcsigonella-europe@umuc.edu).

**Navy College Office Contact Info:**

Location: Building 318 on NAS I

DSN: 624-4517 • COMM: 095-564517

[nco.signonella@eu.navy.mil](mailto:nco.signonella@eu.navy.mil)**FIND OUT HOW UMUC CAN WORK FOR YOU**

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# Morale, Welfare, and Recreation

Morale, Welfare, and Recreation (MWR)'s mission is to provide top quality-of-life support through a wide variety of recreation activities, quality childcare, and entertainment services to forward deployed Sailors and their families in Sicily. MWR aims to make your stay here in Sigonella comfortable and memorable.

## Recreation

### Community Recreation

MWR keeps the community entertained by coordinating a myriad of free events throughout the year. There are two big annual community festivals: Red, White and Boom and Autumnfest. The festivals are jam-packed with command and local organization-sponsored booths offering carnival games, tons of food with classic American and international flavors, inflatable games, carnival rides, local vendors, and many other activities and contests for all ages. Festival attendees can also enjoy music from a variety of live bands and DJs. Annual community events include, a community tree lighting and Winter Wonderland called "Sig's the Season". The entire event is held in the Midtown complex creating a home-town feel for all. "Sig's the Season" creates a festive atmosphere to kick off the winter holidays. And, in



**MWR's Outdoor Recreation offers rentals on sporting and camping equipment. Located within the same service center, Information, Tickets, and Travel offers a variety of tours and weekend getaways." Photo by MC2 Ramon Go**

the spring, the "Eggstravaganza" egg hunt allows children to search for thousands of eggs filled with goodies.

Community Recreation also offer a variety of classes each month that include Sicilian cooking, dance lessons, photography and photo editing lessons, that will help immerse you in your new adopted home.

Throughout the rest of the year Sigonella plays host to a myriad of comedians, live bands, and American celebrities who stop by to pay tribute to the Navy community in Sigonella. Brett Eldredge, Hunter Hayes, B.O.B., Chef Robert Irvine, and Tori Kelly are among some of the most recent celebrities and acts to visit NAS Sigonella.

Community Recreation is also your one-stop shop for adventure and local cultural activities! They offer countless ways to explore the island and beyond with a vast array of tours and outdoor adventures. The program offers trips to local markets, wineries, ruins from when the Greeks, Romans and many other cultures ruled Sicily, World War II historical sites, and even recent historical sites, like Savoca, where The Godfather was filmed. The day trips are a great way to explore the island with a tour guide and without the worry of directions, driving, or parking. Extended trips are also offered throughout the year and include: Secrets of Sicily, Christmas in Rome, Thanksgiving in Tuscany, and a long weekend in Romania, just to name a few.

Sicily offers the perfect opportunity to take advantage of outdoor activities such as camping, hiking, paddle boarding, kayaking, cycling, snowboarding on an active volcano, or renting gear to go on your own adventures. Community Recreation is loaded with kayaks, mountain bikes, tents, sleeping bags, coolers, grills, snowshoes, winter clothing and snowboards for the Sigonella community to use.

The Community Recreation staff will help you arrive at your destination, whether you go on an escorted trip, or on your own. Using the Create-a-Trip feature, you can even design a trip for yourself and your friends. Just let them know where you want to go and you can rent a van and driver! If you prefer to drive yourself to the destination, detailed driving directions are also available or you can stop in and gather information directly from our staff.

For a list of monthly adventures and events, visit [www.navymwrsigonella.com](http://www.navymwrsigonella.com) or follow MWR Sigonella on Facebook.

### LIBERTY Program for Single Sailors

Calling all single Sailors and unaccompanied enlisted military!

The Liberty program is your ticket to non-stop excitement on base and beyond for only a fraction of the price. On-base activities include bowling nights, block parties,





**Marinai's Youth Complex is home to the Teen Center for 11 to 18-year-old children still in grade school. The complex is fully equipped with the latest PlayStations, X-Boxes, televisions, games (foosball, ping-pong, pool tables) and a wide variety of other activities. Photo by MC2 Ramon Go**

and BBQs. Among the top day trip adventures are Go-kart tracks, water parks, beach visits, ancient ruins, and dining out. For adventurous Sailors itching to travel, Liberty organizes weekend trips with Community Recreation. Come check us out at the Liberty Center on NAS II.

### Liberty Center

The Liberty Center is a non-smoking, alcohol free recreation center for Liberty eligible service members. Take a seat on one of the plush leather couches or recliners and watch non-stop movies playing on the big screen, as well as the TVs spread throughout the facility. The Liberty Center boasts a 12-station Internet center, free Wi-Fi, and printing capabilities. The facility has many PlayStation and X-Box units with games available, as well as pool tables, ping-pong tables, and tournaments for the gaming enthusiast. This facility also houses the Liberty Single Sailor Program and offers information and sign-up opportunities for recreation services offered on the island.

### Library

The NAS Sigonella Library was the first of only two libraries in the Navy to achieve DoD Premier Status! This facility is located in the Community Building on NAS I and stocks more than 18,000 books in the children's, fiction, reference, and non-fiction categories. The MWR Library has more than 100 magazine and newspaper subscriptions and an expansive digital collection, with over 300 DVDs, 50 audiobooks, and CDs to choose from. The Library has the complete list of CNO's recommended reading, as well as a Tumblebooks.com subscription for Sigonella's more novice readers, with animated books offered in a few different languages. Children can also enjoy a weekly children's story time complete with activities. If interested, you can learn a new language while stationed in Sigonella with the Library's Transparent Language program.

The Library is also your Internet hub on NAS I. It houses a 19-station Internet Center with printing and Scanning capabilities.

One of the MWR Library's most useful features is its expanded travel section, which includes countless travel books on virtually anywhere you might want to travel.

Navy MWR Libraries also has a digital library that is available online 24/7/365! For an account with the MWR Digital Library, log in with your CAC to [mwrdigitallibrary.navy.mil](http://mwrdigitallibrary.navy.mil) and set up an account in order to enjoy e-

books, audiobooks, language learning, test prep, and research resources that support lifelong learning and recreational reading.

## Leisure Programs

### SpareTime Bowling Center

Experts and beginners alike will enjoy hitting the certified lanes in the Midtown Complex! This facility boasts ten lanes with automatic scoring, Extreme Glow-in-the-Dark Bowling, leagues, a pro shop, and a refreshment area. SpareTime is also a great place for private parties, kid's birthday parties, and command functions.

### Auto Skills Center (ASC)

The Auto Skills Center is stocked with tools and large car lifts for self-repairs of your vehicle. The ASC also offers machines for tire mounting and balancing as well as a car wash and vacuums. Helpful and knowledgeable staff is always on-hand to provide assistance for those who need it.

### Midtown 2 Theaters

Catch the hottest same-day-as-in-the-States released movies at two state-of-the-art digital theatres. They have comfortable stadium seating, powerful sound, crystal clear 3-D pictures, and a concessions stand stocked with delicious snacks. Birthday packages are available and you can also reserve the theaters for private and command functions or training. Contact the theater manager to reserve either theater.

### Connections

Located on NAS I; Connections features Frasier's Pub, a non-smoking facility, that also has a recreation center for those 18 years old and above. Listen to music from the digital jukebox, while relaxing with a pint, soda, or one of the featured Italian wines available for purchase. While enjoying your drinks you can play darts, pool, or board games with friends. Connections has free Wi-Fi, desktop computers, and printing capabilities. You can also enjoy the pool table or slot machines! The facility also has many PlayStation and X-Box units with games available.

### Jox Pub

This all hands, all-purpose club offers a myriad of activities every week on NAS II. Jox, with its Irish Pub décor, is loaded with 11 plasma screen TVs and a state-of-the-art wall projection system to view televised sports broadcasts. Jox also hosts frequent billiard and dart tournaments. Boasting a wide variety of drafts and spirits from around the globe, this is also the go-to spot for most live bands that visit Sigonella. Show off your vocal range with karaoke, hit the dance floor and bust a move, or relax and play some pool or slots. Jox is also a great place for private functions and birthdays.

### Grinderz Skate Park

Sigonella has its own skater paradise! Complete with 4-foot and 6-foot half pipes, Grinderz is available to both skateboarders and in-line skaters. Ramps, grind rails, and steps play host to regular skate contests and skate jams, and has been tested by celebrity skater Greg Lutzka. To skate at Grinderz you must wear a helmet!

## Fitness

MWR Fitness is proud to provide outstanding events and services for all military members, DoD employees, and their families throughout the year. The fitness department hosts an annual run/walk series starting in August that culminates in March with the iconic Base to Base 7.6 Run/Walk or Half Marathon. In addition to these Sigonella Run Series events, they offer specialty events such as the Motta Trail Run/Walk, Splash and Dash and Row Swim. MWR Fitness offers fitness certifications throughout the year for those interested in learning more about fitness or who may want to instruct fitness classes. They offer two Certified Fitness Leader (CFL) courses per year and Navy Operational Fitness and Fueling System certifications (NOFFS). Both fitness centers offer an extensive array of cardiovascular and weight training equipment and a group exercise room. They offer massage, ballet instruction for ages 3 to 12 years, and personal training by appointment. If you are interested in starting a new fitness routine, the knowledgeable and friendly fitness staff is ready to help.

### Fit District

This fitness center is located in the Midtown Complex of NAS I and presents an extensive array of exercise options for all fitness levels. Its cardio area holds over 40 treadmills, elliptical trainers, stair climbers, E-Spinners, Jacob's Ladder, and stationary bikes. In addition to the large weight room area they offer an indoor track, group exercise, and an indoor cycle room located on the second floor. On the ground floor we offer an indoor rock-climbing wall called The Cave, racquetball courts, and a full-size basketball

court. The Fit District offers a variety of free fitness classes open to all patrons monthly. The locker rooms are spacious and include a dry sauna.

In 2012 the Fit District opened the Family Fitness Center, featuring dedicated space for children to play while parents get a work out. Family Fitness also features Hoist strength equipment designed specifically for youth, along with an "exertainment area" in the center. Please ask a front desk attendant for a tour of the facility.

### Flight Line Fitness Center

The NAS II Flight Line Fitness Center underwent renovations and re-opened in Spring 2014. The center has an additional 1,600 sq. ft of space for equipment and programs! This fitness facility offers a wide range of cardiovascular fitness equipment including treadmills, elliptical machines, stair steppers, Concept 2 rowers, stationary cycles, and E-Spinners all located on the second floor. On our ground floor you will find four rooms filled with weight training equipment including benches, squat racks, and circuit training equipment. There is also an indoor basketball and racquetball court along with a Group Exercise/Multi-purpose and Indoor Cycle room for Command PT and Group exercise classes.

### Splashers Aquatics Center

This family-friendly pool is one of the crown jewels of MWR's Midtown Complex. This large, heated pool has two waterslides; one twisty and one straight chute!

The pool area also has a heated kiddie Splash Zone for those who prefer to wade and climb on our interactive children's area. This state-of-the-art facility also offers swimming lessons, lap swimming, swim workout assistance,



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incentive programs, and family nights during the summer. Splashers is a great place for summer-time command functions and birthdays.

### NAS II Pool

The NAS II Pool offers another avenue for our active duty personnel and their guests to get fit and stay healthy. This six lane pool is heated and open year round for Lap Swim. The facility is also equipped with a training tank for commands to utilize while stationed in Sigonella. MWR hosts summer night events for single and unaccompanied Sailors to enjoy a movie while wading in the pool, and other competitions to entice our service members to try new activities. Contact the center for more information or to reserve either lanes or the training tank for command events/PT/PRT.

## Child and Youth Programs

### Child Development Center

(Ages 6 weeks – 5 years and pre-Kindergarten)

The Child Development Center (CDC), located on NAS I, is open Monday through Friday from 6:00 a.m. to 6:30 p.m. The CDC is closed on weekends and federal holidays.

The CDC offers a wide range of programs to meet your childcare needs. Childcare is available during the Indoctrination and spouse orientation classes – registration is required and space is limited. Make sure to register your child for care by contacting your sponsor or the Fleet and Family Support Center prior to your arrival. All Indoctrination registrations must be received by noon on the Wednesday prior to the start of class.

We offer full-time childcare, hourly care, and part-day preschool enrichment program. Our caring staff is extremely knowledgeable and receives continuous training to ensure they are providing the best possible learning environment for your child.

### School Age Center

(Ages 5 and in Kindergarten-12)

The School Age (SAC) Center is located on NAS I in the community building (Bldg. 318) and has a full range of activities for school-age children. The SAC is home to our School-Age Care program, which provides before-school care from 6:00 a.m. to 7:30 a.m. and after-school care from 2:15 p.m. to 6:30 p.m. We provide constant activities for school-age children during all school breaks, including winter break, spring break, and summer vacation. Typical activities organized by the SAC include water park day trips, ice skating trips, arts and crafts days, and piano lessons. During the summer, the SAC offers Camp Adventure, which is jam-packed with exciting field trips, including pool days, for school-age children. The center also offers a wide variety of Boys and Girls Club of America, including Torch Club and 4-H programs.

### Childcare Registration

**MilitaryChildCare.com** (MCC) provides a single online gateway for families to access military-operated or military-subsidized child care options worldwide across all service branches. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location. In order to process any registrations for the CDC or SAC, each family must visit **MilitaryChildCare.com** to create their account and submit the required request for care.

### Youth Complex

(Marinai Housing - Grades 6 – 12)

The Youth Complex in Marinai is the home of our Teen Center for Youth ages 11 and in grade six through 18 years old and still in high school. The complex is fully equipped with X-Boxes, X-Box Kinects, PlayStations, Wii's, Wii Fit, big screen TVs, computers, a pool table, a ping pong table, an air hockey table, a foosball table, an electric keyboard, a drum set, and an acoustic/electric guitar. The Youth Complex is Sigonella's hub for our planned youth events. Come join us for excursions into town for activities such as go-karting, paintballing, dinners on the town, hiking, kayaking, paddle boarding, snorkeling, and much more! It is affiliated with the Boys and Girls Club of America and 4-H. Come in and join us for Cooking Club, Technology Club, Art Club, Smart Girls, Keystone, Torch Club, Passport to Manhood, and many more exciting activities. All eligible youth must be registered to participate. Registration packets can be picked up at the Youth Complex.

### Youth Sports

Open to children ages 5 – 18, this program offers many sport seasons including soccer, basketball, t-ball, baseball, cheerleading, dodgeball, and more. In addition to our Youth Sports, Sigonella offers START SMART, a program that promotes parent and child interaction while building confidence in a non-competitive recreational environment for ages 3 - 5. START SMART is designed to teach the basic fundamentals of youth sports. Parents must participate in each class as their child's partner.



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# Personal Support Organizations

## Fleet and Family Support Center

The Fleet and Family Support Center (FFSC) at Sigonella offers an array of support to both active and civilian members who are either single or have families, and to all visitors and contractors who work in Sigonella. The FFSC provides opportunities that enrich, empower, and educate the Sigonella community through information, education and counseling services. The FFSC is located at NAS I Building 319.

### Arrival and Departure Services

The FFSC staff offers an Intercultural Relations (ICR) class bi-weekly for newcomers. This three-day class is mandatory for all U.S. military personnel; other incoming personnel are strongly encouraged to attend. One day in the classroom help participants understand and adapt to the Italian culture by learning basic Italian phrases, local customs, non-verbal communications, shopping tips, and dining information. Participants are also taught to recognize culture shock and how to cope with its symptoms. The second and third days consist of field trips to help familiar-

ize participants with the local area, the public transportation system, and the wonderful Italian people. The FFSC also offers a complementary orientation class for spouses. This class assists in better understanding the resources available for employment, networking, and making new friends with other spouses. During the class, staff demonstrate how to use public transportation to get to Catania, along the way showing where to shop, eat, and buy groceries in the city. Complementary childcare is offered by the NAS I Child Development Center on a space available basis for participants during ICR and the spouse orientation classes. Additionally, the "Amici" program is available to match Americans with Italians for the purpose of one-on-one cultural exchange for the duration of your tour.

Whether you are arriving or leaving Sigonella, FFSC Relocation Services are available to help make the transition process easier. Please contact the Relocation Program Educator if you need assistance. The FFSC's Loan Locker contains household items for your use until your household goods arrive; please use it again when you are ready to leave. All service members are required to take the Smooth Move ("Arrivederci") class before being issued plane tickets by PSD when PCSing from this duty station.

The FFSC also supports the command sponsorship program. Sponsors are required to attend the monthly sponsorship program training aimed to provide knowledge and information emphasizing the importance of being a sponsor.

### Career and Transition Services

The Family Readiness Program (FERP) provides a variety of services and resources to assist spouses or family members in successful job searches. Services include information on local employment, resume writing, interviewing techniques, volunteer opportunities, and career planning. A variety of classes are available in support to the job search process.

Transition assistance is available for American military personnel who are either separating or retiring from the military. Transition Goals, Plans, Success – or "Transition GPS" – replaces the 20-year-old Transition Assistance Program and is designed to strengthen, standardize and expand counseling and guidance for Active and Reserve Sailors separating from the Navy after serving 180 or more days of active duty. Transition GPS is a five-day curriculum that provides a comprehensive mix of education and skill building to meet the Career Readiness Standards (CRS). As part of the Veterans Opportunity to Work (VOW) to Hire Heroes Act, Transition GPS took effect November 19, 2012 and was fully implemented in 2013.

Services also include reference books and a career resources computer center. A resource room with internet access and reference materials is available to assist customers with their job search, transition, or relocation needs.



The Fleet and Family Center offers counseling and many other helpful family-based services to the NAS Sigonella community. Photo by MC2 Ramon Go



### Personal and Family Counseling Services

The FFSC Counseling and Advocacy Program (CAP) offers personal and family counseling services to military members and their families, civilians, and retirees with privacy act protection; Family Advocacy Program (FAP) provides support and intervention for domestic violence cases; Sexual Assault Prevention and Response (SAPR) for victims of sexual assault; and, New Parent Support Home Visitation Program (NPSHVP) for new and expectant parents and their families. Licensed professional counselors and Licensed Clinical social workers provide all counseling services, life skills training, support groups and referral information.

The Personal Financial Management Program's purpose is to provide information that emphasizes a proactive, career lifecycle approach to service members' personal financial responsibility and accountability. The program provides basic principles and practices of sound money management, counseling tools, and referral services using a comprehensive education and training program. Its goal is to empower service members and their families to develop skills to better manage their financial resources.

The New Parent Support Home Visitation Program (NPSHVP) at NAS Sigonella is a voluntary program for parents who are expecting and/or have children under the age of four. The goals of the program are to prevent maltreatment of children and promote nurturing child-parent relationships through education, support, and referrals to other entities when appropriate. In addition to home visits, this program also offers the Nurturing Parent Program as well as single parent support groups and a new father preparedness program called Daddy Boot Camp.

The CAP Family Advocacy Program (FAP) provides clinical assessment, treatment and services for military members and their families involved in incidents of family violence. The intent of FAP is to protect victims from future abuse. FAP services include assessment of risk, safety planning, and determination of appropriate interventions and/or treatment.

The Sexual Assault Prevention and Response (SAPR) program provides intervention services for victims of sexual assault as well as conducting sexual assault awareness briefs for commands and the community. The program focuses on prevention and by-stander intervention and awareness. The Sigonella SAPR program also conducts awareness events such as the SAPR walk in April during Sexual Assault Awareness Month. The program provides 24/7 response capabilities by trained Victim Advocates. In addition to the hotlines provided in the telephone directory in the base of this book, you can reach the DoD Safe Helpline for support anytime at [www.safehelpline.org](http://www.safehelpline.org).




FFSC can connect you with other helpful agencies and activities including the Ombudsmen program and Exceptional Family Member representatives. To contact the FFSC, call DSN 314-624-4291 or commercial 39-095-56-4291.

## Command Religious Programs

The Religious Ministries Department is comprised of a team of dedicated professionals committed to carrying out the Command Religious Program and building the spiritual readiness of the Naval Air Station (NAS) Sigonella community. We accomplish our mission by providing a diversity of meaningful worship and sacramental services, through pastoral care and counseling, and through educational and growth opportunities. There are weekly Roman Catholic, Church of Jesus Christ of Latter Day Saints, and Protestant services with classes and events for all ages. Our ministry is augmented through part-time staff responsible for religious education for our children, a full-time Director of Youth Ministries for middle and high school students, and a Chaplains Religious Enrichment Development Operation (CREDO) facilitator. For a complete listing of scheduled worship services and programs, please contact us for a brochure or visit us on Facebook at Naval Air Station Sigonella Chapel.

There are many ways to volunteer within the chapel community. Teaching a class, serving on a community relations team, or supporting a wide variety of existing ministry positions are just a few of the ways to involve yourself within the life of the community.

Our chapels and office spaces are conveniently located on both NAS I (Bldg. 317) and NAS II (Bldg. 742). Please stop by for a visit when you are in the area or contact us at DSN



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Services	Ministries & Groups
<b>WORSHIP*</b> Sunday 11:00am	Leadership Training Outreach Ministry Men's Fellowship Women's Fellowship Singles' Fellowship Young Adult Fellowship Teen Group
<b>BIBLE STUDY*</b> Wednesday 6:30pm	

\* Youth Ministry open for nursery, youth & teens.

Located 1/2 mile from NAS 1 front gate.  
**Directions:** From NAS 1, turn right onto SS 192. Pass 205 Housing Gate. At double white gate, turn left into NHCC parking lot on SS 192.



The American Red Cross exists to provide care to those in need. Our network of donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world, through five key service areas: Disaster relief, supporting America's military families, lifesaving blood, health and safety services and international services. The American Red Cross is located on NAS 1, near the Library. Photo by MC2 Ramon Go

624-3975 (NAS I Chapel) or 624-2382 (NAS II Chapel) or via email at [M-SI-CHAPLAIN-MANAGERS-GS@OCONUS.NAVY.MIL](mailto:M-SI-CHAPLAIN-MANAGERS-GS@OCONUS.NAVY.MIL). Follow us at the Naval Air Station Sigonella Chapel Facebook page for more information.

## Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society (NMCRS) provides financial assistance and education, as well as other programs and services, to active duty and retired members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors. The Society's mis-

sion has been to help each person who comes to us get support for their immediate needs. Our long-term mission is to help Sailors and Marines become financially self-sufficient by learning how to better manage their person finances and prepare for unplanned expenses.

For more than 114 years, NMCRS has been making a difference for Sailors, Marines and their families, as a non-profit, volunteer service organization. If you are interested in volunteering with us stop by our office and see what opportunities are available for you!

**Who We Serve:** Active duty and retired Navy and Marine Corps personnel and their eligible family members

**Interest Free Loans and Grants:** Financial assistance for emergency and unexpected financial needs including: emergency travel, food, rent, utilities, essential vehicle repair, medical and dental co-pays, disaster relief assistance, and funeral expenses

**Quick Assist Loans (QAL)** – A “no questions” asked loan for up to \$500.00 available to eligible service members

**Education Assistance program** – Interest free loans and grants range from \$500- \$3,000 per academic year

**Budget for Baby Workshop** – Help expectant parents prepare for the arrival of a new family member. Attendees receive a gift and a homemade baby blanket.

**Visiting Nurses** – Free in-home visits by a registered nurse to provide health education, conduct baby wellness check-ups, and address other health issues

**Thrift Shop** – Offers gently-used uniform items, clothing and household items at wonderfully low prices.

**Location:** NAS I Administration Building (Building 319) – Above FFSC

**Hours:** Monday - Friday 9 a.m. to 3 p.m.

**Contact Us:**

Navy-Marine Corps Relief Society

PSC 817 Box 2720, FPO AE 09627

DSN 624-4212; commercial 095-56-4212

[signonella@nmcrs.org](mailto:signonella@nmcrs.org) • [www.nmcrs.org](http://www.nmcrs.org)

## American Red Cross

The American Red Cross provides Emergency Communication services to assist service members and their families during a family emergency situation. Emergency messages can be initiated by family in CONUS, or by military members and spouses located in Sigonella.

The American Red Cross provides Emergency Communications coverage 24 hours a day, 7 days a week. The afterhours emergency coverage is from 4:30 p.m. - 8:00 a.m. every day and 24 hours a day during weekends and holidays.

In addition to emergency communications, the Red Cross offers classes in CPR for adults, infants and children; first aid and safety; babysitting; and disaster preparation. Red Cross-certified instructors conduct Red Cross swimming and life guarding courses through MWR. Red Cross volunteers provide service to the Sigonella military community as workers at the Naval Hospital and Dental Clinic, Disaster Action Team (DAT) members, and instructors of health and safety classes. Volunteers also provide a variety of services by giving of their time at the Red Cross Field Office.

**CALVARY BAPTIST CHURCH**

**MOTTA**

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NAS I

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Cell. 348 517 4074  
Via dei Normanni 30  
Motta Sant'Anastasia

**For more information visit us at:**  
[www.calvarybaptistsigonella.com](http://www.calvarybaptistsigonella.com)

**Calvary Baptist Church NAS Sigonella**

**SUN: 1000 Bible Study**  
**1100 Morning Worship**  
**1700 Evening Worship**

**WED: 1830 Bible Study**



**Contact Us:**

American Red Cross

Office of the Station Manager

PSC 824 BOX 17 • FPO AE 09623

**Location:** NAS II Building 318, second floor (next to library)**DSN:** 624-4900**Toll Free:** 877-272-7337 (24 hours a day, 365 days a year)**Hours:** 0800 to 1630 Monday-Friday**E-mail Address:** sigonella@redcross.org

## USO sigonella

In October 2016, the USO opened its doors at Naval Air Station (NAS) Sigonella. For over 77 years, the USO has been the nation's leading organization to serve the men and women in the U.S. military, and their families, throughout their time in uniform. The USO's mission is to strengthen America's military service members by keeping them connected to family, home and country, throughout their service to the nation.

USO Sigonella is dedicated to serving the military population at NAS Sigonella, whether they are stationed or deployed here. One of the key services the center offers is providing hospitality support for service members and their families flying through Sigonella on military flights. Beverages, snacks, television, computer resources, and free Wi-Fi help make their journeys more comfortable.

In addition to flight support, USO Sigonella provides regular troop luncheons and out-of-center events that support single and accompanied Sailors and Marines, as well as programming geared toward children, spouses, and families. Locally, the center also assists with special regional events like baby expos, concerts, and tours. Since relatively young, USO Sigonella continues to refine its services and event offerings to align with local needs.

Volunteers are a critical component of operations, and the USO is a great place to contribute toward a rewarding mission. Please contact us or visit one of our websites to learn more about upcoming events or volunteer opportunities:

**Location:** NAS II passenger terminal**Hours:** Monday-Friday 0830-1630**Website:** <https://sigonella.uso.org/>**Facebook:** <https://www.facebook.com/usoSigonella/>**Volunteers:** <https://volunteers.uso.org/>**Phone:** 095-56-6377/DSN 624-6377

## Substance Abuse Resources

Substance Abuse Rehabilitation Program (SARP) services are offered to all active duty personnel, retired personnel, federal employees under the provisions of the Civilian Employee Assistance Program (CEAP), and family members that are above the age of 18. Adolescents desiring services should be referred to the Adolescent Substance Abuse Counselor at the Sigonella DoDEA schools.

**SARP Services**

SARP provides services to improve the health and well-being of all beneficiaries whose lives are adversely affected by substance abuse. Such services are:

**Initial Screening:** a determination of whether or not a problem exists.

**Level .05 (IMPACT):** An educational intervention for individuals that display significant risk factors but do not meet criteria for substance use disorder.

**Level I (Outpatient Treatment):** For individuals that have met criteria for substance abuse with an mild level of

severity. It focuses on behavior modification and responsible decision making. CONUS only.

**Level II (Intensive Outpatient Treatment):** For individuals that have met criteria for substance abuse with a moderate level of severity. Treatment focuses on having individuals apply their newly acquired knowledge and skills within "real world" environments. CONUS only.

**Level III (Inpatient Treatment):** For individuals that have met criteria for substance abuse with a severe level of severity and require a live-in setting in order to develop their recovery skills. CONUS and OCONUS.

**After Care -** Upon completion of treatment, individuals graduating from Level I will be entered into a 6 months Continuing Care program and Levels II and III will transfer into 12 months of Continuing Care.

At SARP Sigonella, we conduct substance misuse screenings, quarterly IMPACT, one to one counseling sessions, weekly after care groups, and coordination to higher levels of care. Level I treatment and higher is conducted outside of Sicily. Upon request, SARP can provide educational workshops to the community.

**Referral Information**

Personnel can be referred to SARP by self-referring or being referred by their command, medical, or the Fleet and Family Service Center. Regardless of referral method, all active duty personnel will liaison with their command's Drug and Alcohol Program Advisor (DAPA) to schedule an appointment.

**Location:** NAS II Flight Line Clinic (2nd floor)**Hours:** 0800-1600 Monday-Friday**Phone:** DSN 624-6092**E-mail Address:** [usn.sigonella.navhospsigonellait.mesg.sarp@mail.mil](mailto:usn.sigonella.navhospsigonellait.mesg.sarp@mail.mil)

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**NEX**

# Italy, Sicily, and Catania

## Culture Shock

“Culture shock” is the term used to describe the reaction people experience when moving to a foreign country or when they are trying to function in an unfamiliar environment. For example, moving from the United States to Italy, or even relocating from the East coast to the West coast of the U.S. can be traumatic. It can cause intense discomfort, often accompanied by irritability, bitterness, resentment, marital stress, hostility toward host nationals, and depression. These symptoms are not restricted to those people living in a different culture for an extended period of time. Even tourists feel vulnerable and isolated when first confronted by a customs officer who doesn’t speak English.

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There are distinct stages of adjustment, which virtually everyone goes through when experiencing a new culture:

- *Initial Euphoria*: You are in the honeymoon period when everything is new and exciting.
- *Irritation*: There are so many adjustments. The multiple demands coming within a short period of time cause frustration. Annoyance fills your day.
- *Adjustment*: You begin to feel more comfortable in the culture, self-confidence increases, your sense of humor returns, and you realize the situation is not hopeless after all.
- *Adaptation*: You have adopted some of the customs, values, and personal attitudes of the host country. A support system has developed and you become integrated into a new social network.

Fortunately, culture shock is not a fatal disease. Dr. Robert Kohls, a cultural historian prescribes the following suggestions to minimize the impact of culture shock:

### Know the host country

There are many resources available to you if you care to seek them out, i.e. library, FFSC, MWR, etc. Your efforts will pay off not only in giving you some background knowledge, but in the pleasure your host nationals will take in recognizing that you took the trouble to learn about them.

### Have realistic expectations

The more you know about the host country, the more realistic your ideas will be of what you can and cannot accomplish. You'll be better prepared to deal with disappointment.

### You can't possibly do everything right

Be patient and go easy on yourself and others. In other words, give yourself and those around you a little slack. Remember, this is a foreign environment.

### Adjust your time schedule

Set your own pace and keep an open mind. Allow extra time for traffic and getting lost.

### Don't compare yourself to the eagerly adventurous

You may know someone who tears off each weekend, guide book in hand, and returns with enthusiastic descriptions of their discoveries. Don't feel guilty if your idea of enjoying the culture doesn't match theirs. Enjoy whatever pleasure suits you.

The FFSC offers a series of workshops to help ease your transition such as ICR for newcomers and the “Amici” cultural exchange program. As you become better acquainted with your host country and make the effort to get to know



the people, you environment will seem less threatening. In spite of the difficulties, the experience offers personal growth, friendship, and memories that will last a lifetime.

## Italian Language

Learning the Italian language is one of your greatest assets in making this tour fun and rewarding. Without it, you are excluding the best avenues to an exhilarating experience. Nothing flatters people more than the knowledge that a foreigner has made an attempt to learn their language. Once you break down the language barrier, you will find a whole new world opens up, ready for your exploration.

You don't need to become a seasoned linguist to be understood. No matter how fractured your Italian, the host will be patient and appreciative of your attempts. You will be more successful in any situation — shopping, traveling, meeting neighbors — if you try to speak Italian. Although you will usually find someone who speaks English in the larger city shops, those who insist on seeking out those who speak English will not only irritate and alienate, but will constantly feel insecure and frustrated.

Remember, too, that Italy was once a collection of city-states under separate rule, and dialects abound, often sounding very different than the Italian you may learn in class. Although local expressions and pronunciations may be puzzling, Italian is the national language, and if you learn it, you will be understood. Language courses are available to those assigned to Sigonella, and tuition assistance may be available. Check in with the Navy College Office on arrival, and the staff can help you choose a course to fit your needs. Italian-owned schools of language and private tutors are also available in the Sigonella area.

A pocket dictionary or phrase book is a valuable tool even before your arrival, and a basic familiarity with words and phrases will make your transition into the local community much easier.

## Shopping in Italy

Shopping in Italy is a bit different from shopping in the U.S. Permanent stores and the growing numbers of shopping centers are the same, but street markets can be different, and to use them, you need to become familiar with an Italian custom: bartering.

Bartering takes Americans some time to get used to. We are used to going to stores and paying whatever price is

marked on the item. While that is true of Italian stores, in the markets - the strings of stalls set out in alleys or back streets - you can buy almost anything for any price you and the seller can agree upon. If you pay the price marked or the one the vendor first mentions, he or she will gladly take your money, but probably would have settled for less. Once you and the seller have agreed, it is expected that you will purchase the item at the agreed upon price. If you don't really want it, don't keep bartering. Food items and fruit and vegetable prices are generally not haggled over.

## Shopping in Catania

NAS Sigonella has established a positive relationship with the nearest neighboring city of Catania. Many stationed here enjoy the opportunity to visit the city and enjoy all it has to offer. From the beautiful baroque cathedral to the world famous fish market, Catania has something for just about everyone. Visiting Catania often will give you an opportunity to learn about and enjoy the vibrant urban culture of Sicily.

Most stores observe the "riposo", which is a rest period usually from 1300 to 1600. Store hours typically are Monday to Saturday from 0930-1330 and from 1600-2000 with the exception of Monday morning. During the winter or summer sale seasons (second week in January and second week in July) and Holiday season some stores are open continuously from 0930 to 2000.

A staple of the Sicilian shopping tradition is shopping the open-air markets which operate daily in Catania. In addition to the famous fish (and produce) markets located behind Elephant Square, the Piazza Carlo Alberto market is located near the ruins of the Roman amphitheater at Piazza Stesicoro and dates back to the second century. This market is divided into several sections and includes clothing, accessories, produce, fish, and meat. Here, you can put your bargaining skills to work and get up to a 30 percent discount, especially on clothing. This market is open Monday to Friday from 0830 to 1300 and on Saturday continuously from 0830 to 1900. On Sunday, it turns into a flea market with antique-dealing stands until 1300.

The city of Catania has two main commercial shopping areas: the historical center and the modern city. Near "Elephant Square" and Piazza Duomo, you can find the main shopping district along Via Etnea (Etnea Street), which is the heart of the historical center. On both sides of the street there are striking baroque buildings and churches, many of which have now been converted to stores of





**A woman inspects fresh tomatoes in one of Catania's many markets.** Photo by Lyndsay Curtis

all kinds. Shopping in Italy is more oriented towards smaller shops and Via Etnea has a variety of them; there are famous shoe stores (Bata, Ferro, Cantieri) as well as stores for elegant and casual dressing (Benetton, Sisley, Epoca) and comfortable sizes stores (Elena Miro', Oltre, Ciao Magre, Fiorella Rubino, Persona). Looming among the smaller stores, you will find two of the largest department stores in Catania, "La Rinascente" and "Coin" (similar to Macy's or Rich's). La Rinascente and Coin offer top of the line designer fashion accessories and dresses.

Another shopping area in Catania is along Corso Italia, an elegant street located in the modern part of Catania starting at Piazza Europa. Here it is possible to find jewelry shops, casual dressing shops like Benetton, Armani, Hugo Boss, Sisley, and other famous brands. Sportswear stores like Fila and baby stores like the famous Prenatal abound on Corso Italia, and elegant shoe stores can be found along Via Monfalcone, a crossroad of Corso Italia.

The province of Catania has been growing commercially and there are several malls in the area such as: Etnapolis in the nearby town of Belpasso, Sicilia Outlet Village off the A19 Dittaino exit, and Centro Sicilia and Porte di Catania which are located between NAS I and the Catania airport. The malls are open continuously from 0900 to 2200 Monday – Sunday with the exception of Monday mornings. The nearby town of Misterbianco offers wholesale stores selling shoes, dresses, toys and various accessories at very reasonable prices. There you can also find "Auchan", a Walmart-like department store if you're feeling homesick.

## Eating in Italy

Dining out in Italy is a unique and pleasurable experience. This will probably be one of the first aspects of Italian culture that you will encounter. Your sponsor will almost certainly take you to his or her favorite spot. If they don't, ask them to do so.

Although many stateside restaurants advertise "real" Italian cooking, you'll soon realize that those establishments offer an Americanized version of traditional Italian fare. You will also find that there really is no such thing as "Italian food." Instead, there is a great variety of regional styles — cooking in Milan is different, in general, from that of Bologna, or Rome, or Sicily. Many Americans think that Neapolitan cooking is some of the best Italy has to offer, and of course any Neapolitan will swear it is true.

While generalizations are only approximately true, you will find that, in general, the cooking of the Sicily and Gaeta region features tomato-based sauces flavored with basil or oregano and the ever-present garlic, and that, like many other parts of Italy, seafood is a featured part of the cuisine.

Sicily offers several different types of eating establishments, but the distinctions are blurring as U.S.-based lifestyles permeate Europe. The following are some terms you may encounter and brief explanations:

**Bar:** Not a U.S.-style bar. While you can buy beer, brandy or other alcoholic beverages at Italian bars, the central feature is the espresso coffee machine. Sicilians visit bars throughout the day, but especially in the morning, when pastries are served with the coffee. If you are looking for an American-style bar, you can find those at hotels advertised as having "American" bars.

**Pasticceria:** Pastry shop, often connected to, or part of a bar. Such a sign usually means there is a wider selection of pastries available. Many serve foods other than pastries, such

**Eat at 2000 mt**  
**On the highest active volcano of Europe!**  
**Pizza also at lunch time!**

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Following is a list of shopping-related Italian words and phrases.

### Shopping dictionary

#### Types of stores

**Alimentari:** Grocery.  
**Arredamento:** Furnishings store.  
**Barbiere:** Barber  
**Cartoleria:** Stationery store.  
**Caseificio:** Cheese store.  
**Elettrodomestici:** Electric appliances shop.  
**Enoteca:** Larger wine store.  
**Ferramenta:** Hardware.  
**Frutta e Verdura:** Fruit and vegetable stand.  
**Gioielleria:** Jeweler.  
**Libreria:** Book store.  
**Latticini:** Dairy products.  
**Macelleria:** Butcher shop.  
**Mobili:** Furniture store.  
**Moda:** "Fashion"; clothing store, usually for women's clothes.  
**Panetteria:** Bakery.  
**Parrucchiere:** Hairdresser.  
**Riparazione auto/gomme:** Auto/ tire repair shop.  
**Salumeria:** Delicatessen; a small grocery store usually with a deli case with cheeses and cold meats and salami.  
**Supermercato:** A larger store, usually primarily a grocery, but some also include other items like a K-Mart or Wal-mart.  
**Vini, vini e olii:** Wine store, wine and oil (and olives) store. Although less common, some have wine and oil in casks and olives in barrels, and you are expected to bring your own containers.

### Shopping terms

#### For food terms, see dining section

**Berretto:** Cap.  
**Bicchiere:** Glasses.  
**Borsa:** Handbag, purse.  
**Cacciavite:** Screwdriver.  
**Calze di nylon:** Nylons.  
**Calzini:** Socks.  
**Camicietta:** Blouse.  
**Camicia:** Shirt.  
**Cappello:** Hat.  
**Cappotto:** Coat.  
**Carta:** Paper.  
**Casseruola:** Pan.  
**Chiave:** key, wrench.  
**Chiave a forcilla:** crescent wrench.  
**Chiave inglese:** "English wrench"; monkey wrench.  
**Chiodi:** Nails.  
**Coltello:** Knife.  
**Cucchiaino:** Spoon.  
**Forchetta:** Fork.  
**Giacca:** Jacket.  
**Guanti:** Gloves.  
**Lampada:** Lamp.  
**Maglione:** Sweater.  
**Martello:** Hammer.  
**Padella:** Frying pan.  
**Pantaloni:** Pants.  
**Pentola:** Pot.  
**Piattino:** Saucer.  
**Piatto:** Plate.  
**Sacco:** Bag.  
**Scaffale:** Bookcase, shelves.  
**Scarpe:** Shoes  
**Tavola:** Table.  
**Tazza:** Cup.  
**Vite:** Screw.

### Generic terms/phrases

Many of these ideas are expressed by gestures, which are nearly impossible to reproduce in this book without extensive diagrams; ICR will teach you some, your sponsor may teach you more, and some you may pick up by watching Italian shoppers.

**Quanto/quanto costa?:** How much / how much does it cost  
**Vorrei:** I would like  
**Un chilo:** One Kilo  
**Due/tre, etc. chili:** Two / three, etc. kilos  
**Mezzo chilo:** Half kilo  
**Un/Due/tre etto:** 100/200/300 grams  
**Troppo!:** Too much!  
**Posso provare?:** May I try it out/on?  
**Cerco:** I am looking for  
**Aperto:** Open  
**Chiuso:** Closed  
**Quale?:** Which?  
**Questo/a:** This  
**Quelli/e:** Those, These.  
**Poi?:** Then? (i.e. what else?)  
**Basta, e' tutto:** No more, that's all  
**Dite:** Speak. A vendor may use this term to ask if you need help.  
**Piu':** More  
**Meno:** Less  
**Poco, pochi:** A little bit, a few  
**Si:** Yes  
**Va bene:** OK; It's all right

as sandwiches ("panini" — literally, "little bread.") If "panini" is advertised on a sign, again, you could expect a larger selection. These are excellent places to get a quick, inexpensive snack or lunch. As in a bar, you pay first, and order second.

**Tavola Calda:** Literally, "hot table." These are more elaborate than panini shops, featuring hot snacks made freshly each day, like the famous Arancini, Cipollina, Cartocciata, Pizzetta, and Siciliana. Most have a few tables. More elaborate ones are similar to U.S. self-service cafeterias.

**Rosticceria (Girarrosto):** These shops sell rotisserie-cooked meats, most often whole chickens; sometimes advertised as a "polleria." In Sicily many such shops border the streets and highways selling chickens that have been roasted on a spit and basted with oil flavored with such spices as sage, marjoram and oregano. It's a great source for an inexpensive and very tasty - if somewhat messy - lunch or dinner.

**Ristorante:** A restaurant offering a large-selection menu



and full waiter service. These range from small and intimate to very large and ornate (and sometimes expensive).

**Pizzeria:** Just like in America...it sells pizza. Pizza was invented in Italy, but they are different from the pizzas served by Pizza Hut or Dominos. They are individually sized or no more than 10-12 inches in diameter and come covered in a wide variety of toppings. Most pizzerias also sell other foods, and many other types of eating-places also sell pizza. For example, a ristorante-pizzeria offers pizza as an alternative to its full restaurant selection.

**Trattoria:** With full waiter service, a smaller, usually family-run restaurant. The menu is more limited, the decor usually less ornate, and the prices usually lower than a full ristorante.

### The Dining Experience

What can you expect of eating in an Italian restaurant? Great food served at a leisurely pace. Eating in an Italian restaurant is different than eating in one in the U.S. In addition to the foods available, there are also differences in customs and even in how the meal is arranged.

Generally the attitude in an Italian restaurant is that the table you occupy is yours for as long as you want—until closing if you desire. There is no sense of being hurried through a meal so someone else can use the table. Mealtime in Italy is a social time, and diners take their time between courses to converse and enjoy each other's company. To be a waiter in Italy is to be part of a respected profession. So, the waiters take pride in providing good service. However, they also respect the (expected) wishes of their clients and will not intrude on the socializing.

For some Americans, all these things combine to give

the impression that the service is bad—the waiters don't hang around your table, asking you six times if everything is okay; you have to catch their eye to tell them you are ready to order another course, or need more bread, or want the check, etc. The service is different and keyed to the Italian pace of life.

Mealtimes in Italy are later than most Americans are used to. Lunch rarely starts before 1 p.m., and a 8 p.m. dinner reservation is at the very earliest normal operating times for restaurants. It is not uncommon for an Italian family in a restaurant to start dining at 9:30 p.m. and leave the restaurant at 11:30 or later. The meal is also arranged in courses—things don't arrive at once.

The basic courses and order they arrive are (you can skip courses, or stop after only a couple): antipasto (appetizer), pasta primo, secondo (meat or fish - the main dish), vegetables and/or salad, fruit and/or cheese, dolci (dessert) and coffee and/or liqueurs. Pasta dishes are usually described with two terms—the first describes the shape or style of the noodles and the second describes the sauce or way of preparing it. For example, the tomato and meat sauce most Americans call spaghetti is called "spaghetti bolognese"—spaghetti in the style of Bologna. Sometimes the word "al" or "alla" is listed between the two; e. g. spaghetti alla bolognese. Pasta is generally either boiled and topped, or baked with various ingredients. Italians cook their pastas in the firmer "al dente" style, cooking it shorter times than most Americans.

Nearly every restaurant makes their sauces a little differently than other restaurants. There are also regional differences, so these terms should be used as general guides to what you may actually get. Also, most places have a house specialty ("della casa"), which is usually worth



## Specialties Grilled Meat

from Argentina,  
Ireland and Sicily

*in photo* ribeye steak  
chips - crispy bacon



**Starter - Main Course - Pizza (lunch and dinner)**



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trying, but you may have to ask what is in it (for example, if you are allergic to shellfish, you would certainly want to know if the house specialty has seafood in it.) The sauces are in a variety of consistencies, some very rich and heavy and others delicate and thin. Italian cooks have experimented for centuries with the sauces that go well with which pasta shapes. For example, a thin sauce with shellfish will be served with spaghetti or linguini, while heavier sauces will be served with fettuccine or tagliatelle.

Wine, water, and bread are available throughout the meal if you want them. Many Americans order only the antipasto and pasta, and possibly a secondo. A main dish is only that—the food you ordered. If you order veal, for example, you'll get a plate of veal. You won't get a salad or potato or other vegetable; those you have to order separately.

In addition to the charges for the food and drinks, your bill (il conto) will usually include a "coperto", which is a cover charge for linen, dishwashing, bread, etc.; as well as the "servizio," which is the charge for service. This usually runs 10-15 percent. If you've received good service, it is also customary to add another few percent as an additional tip for the service. However, some places do NOT include servizio on the bill, so you need to check.

Restaurants are very willing to host and serve children, and you are likely to see several families eating when you are there. Most restaurants will bring you extra plates so you can share your meal with your small children. Also, if you ask them, most are willing to serve the children un menu bambini (small) portions or mezzo porzione (half portions).

### The Love of Pizza (and Coffee!)

Pizzas in Italy have thin crunchy crusts and, because they are usually cooked in a stone oven with wood coals, the edges and bottoms are sometimes scorched in places. The toppings tend to be thinner and usually have olive oil on them. So, the flavor is not quite the same as U.S.-style pizza, but many Americans (and other nationalities) enjoy. Most pizzas come flat, about plate-sized. Calzones are also popular and they are essentially a pizza that's been folded making a kind of pizza sandwich.



**Sicilian dishes often include a combination of pasta, meat, and fish, and are usually served in courses.** Photos by Giuseppe Stimolo

For your coffee cravings, you won't find a Starbucks nearby. What you will find at an Italian bar are two types of coffee; neither is like American coffee. A "café" is an espresso; and cappuccino (espresso mixed with hot, foamy milk) are the most common. The proper conduct in a bar is to first approach the cashier, explain what you want and pay for it. Of course, you can look at what is offered before you go to the cashier. Then, take the receipt to the counter

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**There are many wonderful dishes to discover and taste throughout Sicily. Some places even offer cooking classes to teach you the secrets behind this island's wonderful cuisine!** *Photo by Jackie Trembath*

and order, leaving a small tip (about 10 – 20 euros cents) with your receipt. Most Italians remain standing while eating and drinking in a bar. Many bars will have tables and chairs, but if you sit down, you are indicating that you

gives you some indication of the scope of the task to describe everything. Add to that the incredible wealth of Greek and Roman history, plus the history of the rest of Europe, and it becomes overwhelming.

want waiter service and are willing to pay an extra charge (as much as double) for that service. If you do get the waiter service, you should also leave a small tip for the waiter above the cost of food and drink.

## Sightseeing in Sicily

### So Much so Near

There is an abundance of breathtaking sights and warm-hearted, generous citizens throughout Sicily. During your tour at Sigonella, you should take advantage of every opportunity to travel. A wealth of history awaits you. Many notable destinations are less than an hour away by car, making an excursion after working hours both feasible and enjoyable. You can also explore the island by bus, train or organized tours offered by MWR or local tourist agents. It has been said that 70 percent of the world's art is in Italy-this just

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## ANTIPASTI (APPETIZERS)

**Antipasti Italiani/Misti/Assortiti:** A plate of mixed items; usually includes several vegetables like zucchini, eggplant, etc. marinated, grilled or fried. It also usually includes olives, and small pieces of cheese.

**Bruschetta:** Slice of bread oven-toasted with a topping of fresh diced tomatoes, garlic, oregano and other spices and a dash of olive oil.

**Caprese/Insalata caprese:** "In the Capri style." Most often a salad with slices

of fresh tomato layered with slices of mozzarella di bufala and topped with spices and olive oil.

**Crocchette:** Breaded and fried mashed-potato dumplings.

**Insalata di pesce/di frutti di mare:** A seafood salad containing boiled squid, octopus, mussels, clams, etc., usually served cold with a vinegrette sauce.

**Mozzarella:** A soft, white cheese. It usually means "mozzarella di bufala", not the kind we are used to on pizzas in the U.S.

**Pizzetta:** Small fried light-dough dump-

lings, flavored with a variety of spices and sometimes filled.

**Prosciutto:** Ham. When used alone, the word means thinly-sliced raw-cured raw ham. A delicacy. When a distinction is made between it and other varieties, it is called prosciutto crudo. Smoke-cured is prosciutto affumicato and cooked is called prosciutto cotto.

**Prosciutto e melone:** Sliced ham and fresh melon.

**Prosciutto e mozzarella:** Sliced ham and fresh white cheese.

**Seafood:** Many types of shellfish also are available as antipasti.

## PASTA DISHES, RICE DISHES (PASTA, RISOTTO)

**Cannelloni:** Cylinders of pasta, stuffed and baked.

**Fusilli:** Long, spiral-shaped twisted pasta.

**Gnocchi:** Small dumplings, in the Naples region made of potato flour; in other areas they are shaped similarly but made of pasta dough.

**Lasagne:** Flat, very wide noodles. Almost identical to lasagna noodles found in the U.S.

**Orecchiette:** Small, ear-shaped.

**Penne:** Short tubes, cut on the slant to resemble quill pens.

**Ravioli:** Small squares of pasta, stuffed with various items.

**Tortellini:** Small round pastas, filled and twisted into a doughnut shape.

## MEAT AND GAME (CARNE E CACCIAGIONE)

**Affettati:** Cold cuts.

**Agnello:** Lamb

**Arista:** Loin of pork.

**Bistecca:** Steak.

**Capocollo:** Smoked salt pork.

**Capretto:** Kid (young goat).

**Coniglio:** Rabbit.

**Filetto:** Filet.

**Lepre:** Hare.

**Lombata:** Loin.

**Lonza:** Loin, usually pork.

**Lumache:** Snails.

**Maiale:** Pork.

**Manzo:** Beef.

**Pancetta:** Bacon.

**Pollo:** Chicken.

**Polpette:** Meat balls.

**Porchetta:** Young pork; mature pork is maiale.

**Prosciutto:** Ham.

**Quaglie:** Quail.

**Rane:** Frogs, frog legs.

**Salsa:** Sauce.

**Salsicce:** Fresh sausages.

**Saltimbocca:** "Leaps into the mouth", thin slices of spiced veal.

**Scaloppine:** Thin slices of boneless meat, usually veal.

**Tacchino:** Turkey.

**Trippa:** Tripe.

**Vitello:** Veal.

## The Trinacria

The original Greek name for the island of Sicily was "Trinacria" meaning the land of the three promontories. The island had already acquired this name and was referred to as such in Ulysses Travels. From Homeric times, Sicily was characterized by its triangular shape. These angles are considered to be Capo Peloro at Messina in the northeast, Cape Correnti in the southeast, and Capo Lillibeo at Marsala on the west coast.

The Trinacria is represented as a Medusa-like woman with three legs in a running position. The three legs point in the direction of Sicily's three angles, since the island is said to "rest on three legs." The three-legged symbol was undoubtedly derived from the ancient Greeks in the eighth century B.C. when they colonized the island. Legend says that when Perseus, the son of Jupiter,

approached Medusa while she slept, and taking care not to look at her, cut off her head and gave it to Minerva, who fixed it in the middle of her Aegis: the shield or breast plate of Jupiter made by Vulcan on the island of Lemnon (one of the Aolian isles). It became the characteristic attribute of Minerva, and the symbol of the island of Sicily.

## Travel Destinations in Sicily

**Agrigento:** This ancient city houses the ruins of more than 20 Greek temples, some in remarkably good condition. The international festival of the almond blossom tree is held every February. The Valley of Temples is a must-see during your tour.

**Catania:** From a beautiful baroque cathedral to the infamous fish market, Catania has something for just about everyone.

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## FISH, SHELLFISH (PESCE, FRUTTI DI MARE)

**Acciughe:** Anchovies.  
**Alici:** An anchovy-like fish, usually served marinated as an appetizer.  
**Anguilla:** Eel.  
**Aragosta:** Spiny lobster.  
**Astice:** Maine lobsters.  
**Baccalà:** Dried salt-cod.  
**Bianchetti:** Very small sardine-like fish, usually deep-fried.  
**Branzino:** Seabass.  
**Calamari/calamaretti:** Squid/baby squid.  
**Carpa:** Fresh-water carp.  
**Cefalo:** Mullet.  
**Cernia:** A seafish.  
**Cozze:** Mussels, also sometimes called

Moscoli, Muscoli or Mitilo.  
**Dentice:** Seabream.  
**Gamberi:** Large shrimp. Also applied to small rock lobsters and sometimes to fresh-water crayfish. Usually you'll get something resembling a prawn.  
**Gamberetti:** Very small shrimp.  
**Gamberoni:** Large prawns.  
**Granchio:** Most common term for crab.  
**Merluzzo:** Cod.  
**Nasello:** Hake.  
**Orata:** A fish similar to bream.  
**Ostriche:** Oysters.  
**Pesce Persico:** Fresh-water perch.  
**Pesce San Pietro:** John Dory fish.  
**Pesce Spada:** Swordfish.  
**Polipo:** Usually means octopus, sometimes small squid.  
**Polpo:** Octopus.

**Ricci:** Sea urchins.  
**Rombo:** Turbot.  
**Salmone:** Salmon.  
**Sarago:** A small sea fish, resembling bluegill.  
**Scampi:** Large prawns, sometimes means rock lobster.  
**Seppia:** Cuttlefish, similar to squid.  
**Sgombro:** Mackerel.  
**Sogliola:** Sole.  
**Spiedino Mare:** Mixed fish and seafood on a skewer.  
**Spigola:** Sea bass, grouper.  
**Tartufi di Mare:** Sea truffles, a small clam.  
**Tonno:** Tuna.  
**Totani:** Small cuttlefish.  
**Triglie:** Redmullet.  
**Vongole:** Clams.

## HERBS AND SPICES, ETC. (ERBE E SPEZIE)

**Aglio:** Garlic.  
**Basilico:** Basil.

**Cannella:** Cinnamon.  
**Chiodi di Garofano:** Cloves.  
**Erba Cipollina:** Chives.  
**Lauro:** Bayleaf.  
**Maggiorana:** Marjoram.

**Menta:** Mint.  
**Noce Moscata:** Nutmeg.  
**Origano:** Oregano.  
**Pepe:** Pepper.  
**Peperoncino:** Chili pepper.

**Rafano:** Horseradish.  
**Sale:** Salt.  
**Salvia:** Sage.  
**Senape/Mostarda:** Mustard.  
**Timo:** Thyme.

**Cefalù:** Cefalù, which dates back to the 9th century B.C., has long been considered the pearl of the northern coast due to its beautiful, inviting beaches and picturesque old town. In the summer, Cefalù welcomes many visiting yachts. But it is best known for its cathedral, which is one of the best-preserved examples of Norman church architecture in Italy.

**Messina:** The province contains many ruins and monuments of exceptional historic, artistic, and archeo-

logical interest. Be sure to witness the "performance" by the astronomical clock at noon when all the statues move, the lion roars three times and the cock crows and flaps his wings. Then, a dove flies as the church of Montalio appears. Slowly and majestically, angels file past the Madonna, one handing her a letter while another takes it back, and the Virgin blesses them.

**Mount Etna:** Mount Etna is one of the world's major active volcanoes and the largest in Europe (reaching

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**The Carnevale of Acireale is one of the most revered in Sicily.** Photo by MC2 Ramon Go

more than 11,000 feet). It is a magnificent sight, particularly in winter and spring when snow blankets the top and dense vegetation covers the bottom. On the northern slope, three ski lifts and a national skiing school operate during the ski season.

**Palermo:** Palermo, Sicily's largest city, is one of the richest in art and history; every period has left traces. It is a city of varied architectural influences: Phoenician in origin; Roman in the mosaics of Villa Bonanno; Arabic in some churches which were once mosques; French for the Hautville Dynasty, which left wonderful monuments; German for the Hohenstaufen tombs in the cathedral; Spanish in the names of some of its streets and piazzas, and for architecture recalling three centuries of rule by viceroys; and finally, Angelin and Bourbon recalling other periods of French domination.

**Siracusa:** According to Cicero, Siracusa was the finest and largest of all Greek cities and is now one of the most attractive towns in Sicily, with beautiful surrounding scenery and important ruins of the ancient past. Main attractions include the Greek theater, catacombs, stone quarries, and many ancient monuments.

**Taormina:** Taormina is a vision of beauty that stimulates the eyes, spirit, and imagination. The Greek theater, built in the third century B.C., commands one of the world's most beautiful views. The town itself is built high above the famous coast of Taormina which thousands of tourists from all over Europe visit in the summertime. Naxos, a small town near Taormina, was the first Greek colony in Sicily, founded in 737 B.C.

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Arc Emergency Messages		.US 1-877-272-7337
Ask-A-Nurse		.335-578-8077/8150
Chaplain	.624-3975	.335-831-4493
Command Duty Officer (NASSIG)	.335-130-5136	
Dental Emergency	.624-4205	.624-3844
FFSC Services and Info	.624-4291	.335-129-7125
Hospital Emergency Room	.624-3844	.624-3844
Medical Clinic NAS II	.624-5455/6296	
Sexual Assault Prevention and Response (SAPR)		
SAPR 24/7 Hotline	.335-642-8312	.335-606-6146
Civilian Victim Advocate		.335-773-3553
SAPR Coordinator	.338-670-0195	
Security Liaison Italian Translator	.624-6100	.335-786-1948

### Useful Numbers Emergency-After Hours

American Forces Network	.624-4265	.335-578-9320
Air Terminal Passenger Services	.624-5576/2761	
Auto Port	.624-2814	
Base Communications Office	.624-5561	
Banks: Community/NFCU	.624-9331/5230	
Child Development Center	.624-3736	
DODDS Elementary School	.624-4406	
DODDS Middle/High School	.624-4281	.335-773-9700
Early Development Intervention Services	.624-4536	
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Emergency Operations Center	.624-2630	.334-697-0582
Fleet Mail	.624-5915	
Galley NAS II	.624-2061	
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Hospital Medical Home Port	.624-4622	
Hospital Multi-Service Ward (MSW)	.624-4732	
Hospital Tricare	.624-4880/4848/4087	
Housing Welcome Center	.624-4311/3485	
Housing Marinai Trouble Calls	.624-1731	
Housing Loaner Furniture	.095-713-1280	
Emergency Economy Housing		.335-830-8222
Emergency Government Quarters		.335-739-1578
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Motor Vehicle Registration Office	.624-5275	
MWR ITT/Movie Hotline	.624-4777/4348	
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Naval Criminal Investigation Services	.624-9210	
Navy Gateway Inn & Suites	.624-6832/2926	
Navy Marine Corps Relief Society	.624-4212	.335-579-0536
Region Legal Services	.624-5258/2991	
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Public Affairs Officer	.624-5440	.335-831-4474
School Aged Care/Youth Center	.624-3712	
Veterinary Clinic	.624-4258	
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## A

### AIRCRAFT INTERMEDIATE MAINTENANCE DETACHMENT (AIMD)

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OPS CENTER (ATOC)	.624-6730
FAX	.624-2216
FLEET INFORMATION	.624-5575
FLIGHT INFORMATION	.624-5576
PASSENGER SERVICES/CHECK-IN	.624-5576

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STATION MANAGER	.624-4071

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FAX	.624-4462
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FAX	.624-4188

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 HOUSEHOLD GOODS CUSTOMER SERVICE .....624-9650  
 PERSONAL PROPERTY INBOUND .....624-9443  
 POST OFFICE NAS I .....624-4477  
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 NMCRS MAIN OFFICE .....624-4212

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 ATC ADMIN .....624-2729  
 BASE OPERATIONS .....624-5513/2908  
 ATC FAX .....624-6008  
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 AIR CARGO .....624-5180  
 AIR CARGO DUTY .....335-719-8418  
*GROUND ELECTRONICS MAINTENANCE DIVISION*  
 GEMD OFFICE .....624-5964  
 GEMD DUTY TECH .....335-642-8247  
*TRANSIENT LINE SERVICES (T-LINE)*  
 T-LINE OFFICE .....624-2018  
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 OPERATIONS OFFICER .....624-6770  
 MAINTENANCE MATERIAL CONTROL OFFICE .....624-5203  
 MAINTENANCE CONTROL .....624-5338/5339

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 PLO OFFICE .....624-5482  
 PERSONAL PROPERTY /HOUSEHOLD GOODS CUSTOMER SERVICE .624-9650  
 PERSONAL PROPERTY INBOUND .....624-9443  
 POST OFFICE NAS I .....624-4477  
 POST OFFICE NAS II .....624-5915  
 PROTOCOL OFFICER .....624-5313

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 EDITOR .....624-6530  
 COMREL DIRECTOR .....624-5229

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 NAS II .....624-9049  
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 AFTER HOURS LINE .....335-7475-013  
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 FAX .....624-5754

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 OFF BASE NAS I .....095-56-1911  
 OFF BASE NAS II .....95-86-1911  
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 ORANGE PARK .....095-7559035  
 SIGONELLA INN .....095-7130002



UNIVERSITY OF MARYLAND .....624-4492/ 4496  
 USO SIGONELLA .....624-6377



VETERINARY .....624-4258



WEBMASTER IT DEPARTMENT .....624-6628



YOUTH CENTER (SCHOOL AGE CARE) .....624-3712  
 YOUTH SPORTS .....624-1747/1750

# CONVERSION TABLES

## LENGTH

Centimeter (cm)	cm/in.	inches(in)
2,54	1	0,394
5,08	2	0,787
7,62	3	1,181
10,16	4	1,575
12,70	5	1,969
15,24	6	2,362
17,78	7	2,756
20,32	8	3,150
22,86	9	3,543
25,40	10	3,937
50,80	20	7,874
76,20	30	11,811
101,60	40	15,748
127,00	50	19,685
152,40	60	23,622
177,80	70	27,559
203,20	80	31,496
228,60	90	35,433
254,00	100	39,370

## LENGTH

Kilometers (cm)	km/in.	miles
1,609	1	0,621
3,219	2	1,243
4,828	3	1,864
6,437	4	2,485
8,047	5	3,107
9,656	6	3,728
11,265	7	4,350
12,875	8	4,971
14,484	9	5,592
16,093	10	6,214
32,187	20	12,427
48,280	30	18,641
64,374	40	24,855
80,467	50	31,069
96,561	60	37,282
112,654	70	43,496
128,748	80	49,710
144,841	90	55,923
160,934	100	62,137

## AREA

Hectares (ha)	ha/acres	acres
0,405	1	2,471
0,809	2	4,942
1,214	3	7,413
1,619	4	9,884
2,023	5	12,355
2,428	6	14,826
2,833	7	17,297
3,237	8	19,769
3,642	9	22,240
4,047	10	24,711
8,094	20	49,421
12,140	30	74,132
16,187	40	98,842
20,234	50	123,553
24,281	60	148,263
28,328	70	172,974
32,375	80	197,684
36,422	90	222,395
40,469	100	247,105

## WEIGHT

Kilogram (Kg)	Kg/Lb	Pounds (Lb)
0,454	1	2,205
0,907	2	4,409
1,361	3	6,614
1,814	4	8,819
2,268	5	11,023
2,722	6	13,228
3,175	7	15,432
3,629	8	17,637
4,082	9	19,842
4,536	10	22,046
9,072	20	44,092
13,608	30	66,139
18,144	40	88,185
22,680	50	110,231
27,216	60	132,277
31,752	70	154,324
36,287	80	176,370
40,823	90	198,416
45,359	100	220,462

## WEIGHT

Tonnes (t)	t/US short tons	US short tons
0,907	1	1,102
1,814	2	2,205
2,722	3	3,307
3,629	4	4,409
4,536	5	5,512
5,443	6	6,614
6,350	7	7,716
7,257	8	8,818
8,165	9	9,921
9,072	10	11,023
18,144	20	22,046
27,216	30	33,069
36,287	40	44,092
45,359	50	55,116
54,431	60	66,139
65,503	70	77,162
72,575	80	88,185
81,647	90	99,208
90,719	100	110,231

## VOLUME

Liters (l)	l/US gal	US gallons (gal)
3,785	1	0,264
7,571	2	0,528
11,356	3	0,793
15,142	4	1,057
18,927	5	1,321
22,712	6	1,585
26,498	7	1,849
30,283	8	2,113
34,069	9	2,378
37,854	10	2,642
75,708	20	5,284
113,562	30	7,925
151,416	40	10,657
189,271	50	13,209
227,125	60	15,851
264,979	70	18,493
302,833	80	21,134
340,687	90	23,776
378,541	100	26,418



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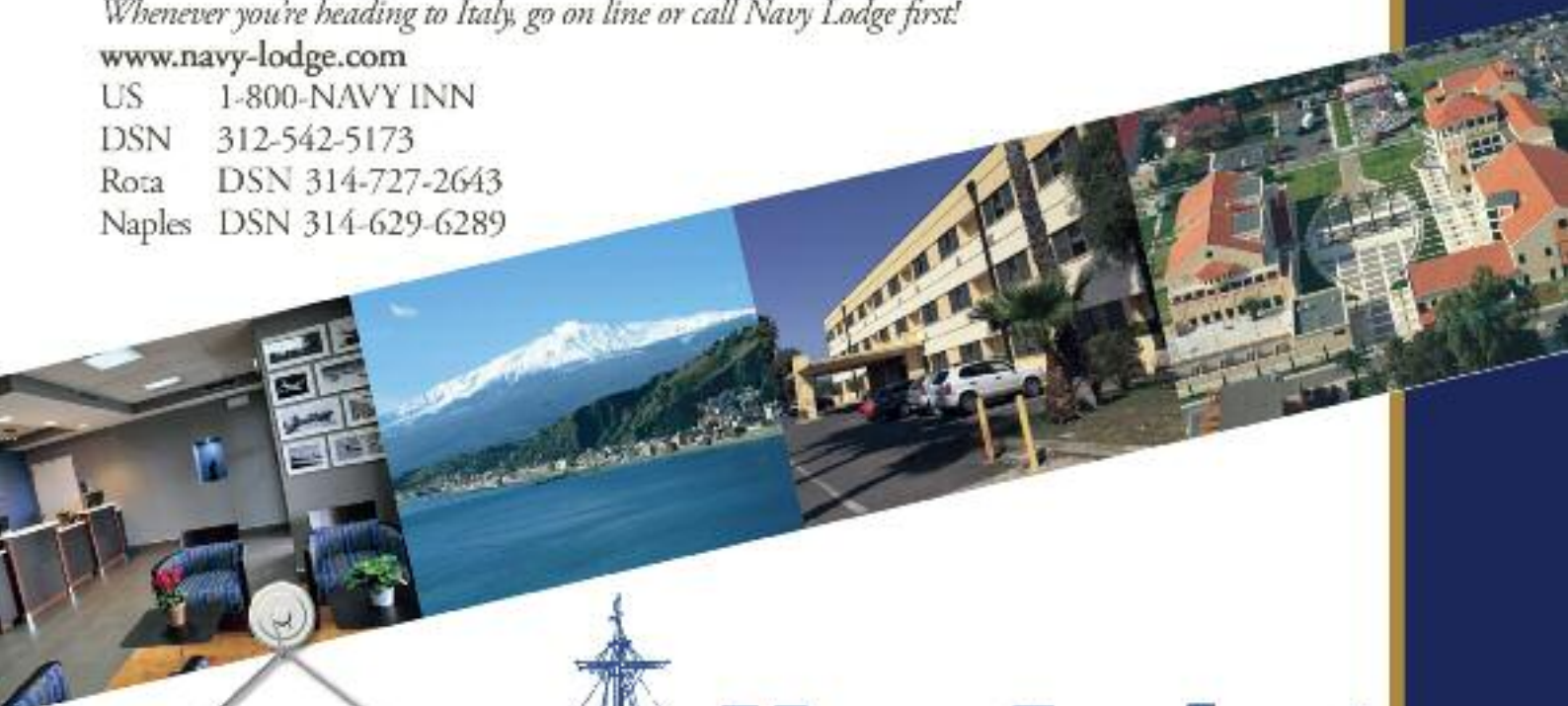
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